

EDMONTON

metro®



Thursday, March 17, 2011
www.metronews.ca



Share this copy
with a friend



Say hello to the all-new,
all-powerful superphone.



MOTOROLA ATRIX™

BUILT FROM THE GROUND UP.

CELEBRATING 50 YEARS OF DEDICATION,
PASSION & QUALITY.

The ARLINGTON III



2,306 SQ FT
STARTING FROM
INCL. LOT & GST
\$396,480*

We've been building Calgary from the ground up for 50 years. To celebrate, we'd like to offer you the Arlington III. This 2,306 square foot home features three bedrooms, flex room, spacious master suite and ensuite, upper floor laundry and bonus room. Now that's a reason to celebrate!

*Price based on SkyView Ranch lot. Price will change based on lot selection.

► THE ARLINGTON III IS AVAILABLE IN: New Brighton & SkyView Ranch

morrisonhomes.ca

BUILDING THE BEST

Calgary's Builder of the Year for 9 Consecutive Years
Customer Choice Award for 4 Consecutive Years

MORRISON  HOMES



ST. PADDY'S DAY
DELIGHT
TRY THIS HEARTY
IRISH STEW {page 29}

BAHRAIN UNDER
LOCKDOWN
GULF NATION FACES
CURFEW {page 12}



THRIFTY
COOPER TALKS
FREEBIES AND
NEW FLICK {page 21}



CALGARY

metro®

Thursday, March 17, 2011
www.metronews.ca



St. Patrick. Pints



► Craig Stewart of Fionn MacCool's in Eau Claire toasts to a rollicking St. Patrick's Day.

RYAN FACTURA/FOR METRO

Preparing for a festive night

Calgary partygoers and pubs alike are gearing up for tonight's St. Patrick's Day festivities. The green beer will no doubt be flowing and a rousing cheer will fill the air. However, much preparation goes into hosting successful Irish-themed outings every year. For more on these preparations, see page 4.

Stocking up on pills due to fears

Potassium iodide pills selling fast over radiation jitters {page 3}

Royals don't want presents

They ask people to donate to charities for wedding {page 16}

RCMP cite 'breakdown' in alleged kidnapping

► Miscommunication, failure to follow policy cited as main reasons convicted sex offender got away



JEREMY
NOLAINS
@METRONEWS.CA

The RCMP says a communication breakdown allowed a convicted sex offender to drive away from a traffic stop with a young girl during an alleged kidnapping.

The results of an official review were released yesterday after the Feb. 24 incident that saw John Francis Dionne pulled over for speeding near Airdrie and subsequently released.

Police allege Dionne abducted a 10-year-old girl from Deerfoot Mall just minutes before.

When the officer, a veteran of more than 25 years, radioed in to dispatch with Dionne's details, he did not hear the caution code advising that the sex offender was of "special interest to police," said Insp. James Stiles.

"The RCMP dispatcher sent the information to the computer in his car, but sent it in such a fashion it wasn't a priority message and so the officer never saw

Facing charges

► Incident John Francis Dionne, 43, is charged with kidnapping, child abduction, assault, robbery and impersonating a police officer in relation to the incident.

it," Stiles said.

Stiles said the two people involved will not face disciplinary action.

In a letter released this month, the parents of the girl said they had met with the officer in question, describing him as a "genuine man" and crediting him with saving their daughter's life.

Bradley Bostock, executive director of Child Find Alberta, commended the police for being open with the public.

"They have said that there was a breakdown, they have owned the mistake ... and have acknowledged that policies may not have been followed," he said. **WITH FILES FROM THE CANADIAN PRESS**

MORRISON HOMES 5 years

morrisonhomes.ca

CELEBRATING 50 YEARS
OF BUILDING THE BEST
WITH THE ARLINGTON III

2,306 SQ FT
FROM THE
\$390s



The Cadillac Of Crossovers

Cadillac's unmistakable SRX Crossover may be the ideal contemporary luxury vehicle. It's uniquely rewarding to look at, with a modern style inside and out. The SRX Crossover is also invigorating to drive, with sophisticated V6 power and a finely balanced track-tuned chassis.

Inside, the cabin is a showcase of premium materials, hand craftsmanship and up-to-the-second entertainment and information technologies. All the comforts and amenities of a fine sedan are present and accounted for. Yet SRX also delivers four-season driving confidence and a kind of versatility that conventional sedans just can't match. The 2011 SRX. It's the luxury crossover at its very best.



2011 Cadillac SRX

\$128

per week

Includes taxes and fees.



1.9% 60 month smartpurchase, \$500 down, O.A.C, errors and omissions exempt



CMP GM
CHEVROLET Cadillac BUICK GMC

403-539-6004
cmpauto.com



CHEVROLET
BUICK
GMC
Cadillac
CMP

GM

CORNER OF 16TH AVE & 36 ST. N.E. MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

AMVIC LICENSED

Probe into southeast fuel spill underway

Officials are investigating after 200 litres of diesel fuel leaked out into the southeast neighbourhood of Ramsay yesterday.

Fire crews arrived at the intersection of 23rd Avenue and Hurst Road, next to the Lilydale poultry plant, at around 10 a.m. where fuel had pooled around an ice-blocked storm drain, according to reports.

Hazardous materials specialists used emulsifiers, suction trucks and graders to isolate the spill and clean up the diesel. Reports suggest the frozen sewer may have helped limit the spread of the spill.

The truck that leaked the diesel was later found, having run out of fuel near Wetaskiwin, just south of Edmonton. **METRO**

Cops bust alleged fraud spree

Calgary police have charged four British Columbia residents believed to be involved in a large commercial fraud enterprise. Police allege the four individuals took out several cash advances using counterfeit credit cards from local casinos Saturday before they were nabbed in a traffic stop organized by investigators. Acting Det. Andrea Tirrell said it is common for fraudsters involved in larger enterprises to commit crimes away from their area of residence under the guise of a vacation and then return home. Vancouver residents Wendy Hung, 33, Kelvin Kwongyan Mah, 38, and Edwin Shek Yin Cheng were all charged along with Wing Wa Tsoi, 27, of Richmond. **JEREMY NOLAS**



Radiation fears fuel pill sales

► Some ordering 20-40 bottles of potassium iodide, according to multiple stores ► Over-consumption of pill dangerous: Chief medical officer of health



KATIE TURNER
CALGARY@METRONEWS.CA

Customers have cleared potassium iodide from the shelves of natural health stores in Calgary, despite reassurance from officials that radiation from Japan is unlikely to impact Canadians.

Potassium iodide — a pill that can help prevent thyroid cancer when exposed to radiation — is a product Kim Ryrie of Community Natural Foods said she never carried until a few days ago.

"I've got 1,000 units coming and over 300 right now are already spoken for," she said.

"The volume is pretty incredible."

Planet Organic's south Calgary location is feeling the same pressure, according to store manager Pat Tufts.

"The manufacturer said they could guarantee the orders that we've already placed but nothing going forward," said Tufts.

Dr. André Corriveau, chief medical officer of health for the province, said stocking up on potassium iodide is pointless.

"The key message here is that it's totally unnecessary at this point in time and potentially dangerous to some people," he said, adding the pill is useful for those within a 30-kilometre radius of Japan's Fukushima Dai-ichi nuclear-power plant.

"That's when that kind of tool is useful ... but not for people who live hundreds or even thousands of kilometres away."

.....

For more news, visit metronews.ca/calgary

Potassium iodide

Dr. André Corriveau said the drug could be toxic in higher doses.

1 He said the risks of taking too much potassium iodide are higher for young children and pregnant women.

2 Corriveau said Canadians should receive sufficient doses of potassium iodide in their diet as it's contained in salt.

1
news



Hard hurrying of curling promotes women's health: Study. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

A \$1-billion battle against Mother Nature begins in Manitoba. Video at metronews.ca

 Follow us on Twitter @metrotocalgary

INVEST IN CALGARY'S FIRST AUTOMATED PARKADE

Seventh Avenue
AUTOPaRK Inc.



AUTOMATED PARKADES:

- increase personal safety and reduce theft and vandalism
- allow for every parking stall to be wheelchair accessible
- help reduce vehicle emissions
- provide an enhanced level of customer convenience
- reduce the space needed for parking by up to 50%



Downtown Calgary is home to the second highest parking rates in North America. We are currently seeking City approval to build Calgary's first automated parking facility. By investing with Seventh Avenue Autopark Inc., not only will you be participating in ownership of Calgary's first fully automated parking facility, but you will be helping to revitalize and restore six historic properties in downtown Calgary.

For more information, please visit seventhavenueautopark.com

EDMONTON

'Movie script' trial begins

A trial has begun in Edmonton for a filmmaker accused of luring, killing and dismembering a stranger in a way that resembled one of his movie scripts.

The jury heard Mark Twitchell then bragged

about it in what he called the diary of a serial killer.

Twitchell, 31, is charged with the first-degree murder of Johnny Altinger, who was 38.

In its opening statement, the Crown said it will prove that Twitchell posed as a woman on the Internet to lure Altinger to a garage for a date.

The key evidence against Twitchell is a first-person account found on his laptop computer.

THE CANADIAN PRESS

Mar joins race for top Tory job

Former Alberta cabinet minister Gary Mar says the province needs a government that anticipates challenges rather than reacts to them.

That's one of the reasons he's giving for his bid to become Alberta premier and leader of the Progressive Conservative party. Mar resigned Monday as Alberta's envoy to Washington, D.C., where he has been promoting the oil-sands and the province's economy.

"Being out of the country and representing Alberta's

5 A total of five candidates are now vying for the Alberta Tory leadership: Gary Mar, Doug Griffiths, Doug Horner, Ted Morton and Alison Redford.

interests throughout the United States has given me a great perspective on the opportunities that exist for Alberta, but also the challenges," he said.

"I've been a champion for Alberta for the last three years and I want to continue to do so in the future." THE CANADIAN PRESS

Outriders could boycott derby

Outriders are ready to boycott the Stampede's Rangeland Derby, according to reports.

This comes as rule changes announced in February aim to decrease the number of outriders to two per wagon from four.

● METRO

Suspects sought in downtown stabbing

Police are still looking for a group of four or five suspects wanted in connection with a stabbing last night.

A man was found injured on a downtown LRT platform in front of the Hyatt Regency hotel, according to reports.

● METRO

Viva these Vegas deals.

Book a WestJet Vacations package today.

Las Vegas

From
\$359*
Plus \$126 taxes

Luxor Las Vegas

★★★
Round-trip air + 3 nights + transfers
• Receive up to 2 show tickets!
• April 18, May 2 & 9, 2011

From
\$379*
Plus \$128 taxes

Treasure Island

★★★
Round-trip air + 3 nights + transfers
• April 18, May 2 & 9, 2011

From
\$419*
Plus \$131 taxes

Planet Hollywood

★★★
Round-trip air + 3 nights + transfers
• April 18, May 2 & 9, 2011

To book your vacation package visit westjetvacations.com or call your travel agent. To book your flight visit westjet.com.



► 'White pride' and anti-racism demonstrators have clashed in past

 **JEREMY NOLAIIS**
@METRONEWS.CA

Calgary police say they are ready to handle whatever comes their way in advance of two planned rallies involving opposing groups Saturday.

The annual "white pride" and "anti-racism" demonstrations clashed in 2009, leading to some injuries.

Last year's protests saw a smaller turnout and no violence; however, police aren't sure how many protesters are planning to attend Saturday.

"If things start to get escalated then we'll call units, resources in from other districts to assist," said Insp. Keith Cain, who will oversee operations Saturday.

Cain noted that certain officers have changed their shifts to ensure staffing levels are adequate. He said typically the two primary rally groups are peaceful, but masked "anarchists" will attempt to infiltrate

Opposite sides

► Members of the group Blood and Honour reportedly handed out pamphlets in Edmonton a few weeks ago promoting Saturday's "white pride" rally.

► Police have not been able to nail down a specific starting time for either of the planned rallies.

► Police said they have met with members of both groups and advised them of what is considered to be tolerable behaviour.

and stir up trouble.

"Are these persons going to show up again this year? We expect that perhaps some of them will," Cain said.

Police Chief Rick Hanson advised Calgarians to avoid attending the rallies simply to watch.

"It just adds to the belief that you're there to support a group that may be intent on escalating things to an unacceptable level," he said.

Pubs gear up for St. Paddy's Day

Green pints, kilts bagpipes and the creamy head on a Guinness are all part of the draw of Calgary's Irish pubs on St. Patrick's Day, but along with the festivities come the crowds — something most pubs are already gearing up for.

The challenge on St. Patrick's Day is keeping the number of patrons to the capacity as determined by the fire marshal's office,

said Brian McAssey, spokesperson for Calgary fire.

Since the penalty for exceeding capacity is a closure of the bar, keeping excess patrons out is serious business.

Gerard Curran, owner of the James Joyce Pub on Stephen Avenue, starts by doubling the staff he has working on March 17. Ultimately, however, it is women that manage the crowd.

"We find our clientele is much better dealing with women at the door ... because there is more confrontation when men are at the door," explained Curran.

Ceili's Pub also increases staff numbers and stations doormen at each entrance, a presence not required normally, according to manager Carrie Howell.

● CAROLINA NOVOTNY



Top
\$9.95



H&M

City mulls breathing new life into trains



- Council to decide in May how to allocate \$226M in GreenTRIP funding
- More than 80 LRVs are at the end of their life cycle, says Keating

KATIE TURNER
KALY@METRONEWS.CA

City administration will look at the feasibility of refurbishing old light-rail vehicles on the C-Train line,

and one alderman hopes to see the savings fast-tracked to the southeast.

Ald. Shane Keating requested a detailed report from administration before council decides how many LRVs to purchase with

GreenTRIP funding.

"The idea is to look at ... is it economically feasible to take an LRV at the end of its life cycle and refurbish it in such a way that you might get another ... half a life cycle out of it for less

than half the cost of a new one," said Keating.

He estimates recycling older vehicles could save the city \$200 million in the long run, which he believes should be put towards the southeast transitway.

At your service
all summer long.

Great summer fares to Europe.

Earn Aeroplan® Miles on every flight. Plus, enjoy complimentary seat selection, meals and beverages. It's all part of the award-winning service you have come to expect from us.

DUBLIN³
JULY 1, 2011 - SEPT. 13, 2011

\$949

MADRID^{1,4}
JUNE 19, 2011 - SEPT. 10, 2011

\$1199

ATHENS^{1,2}
JUNE 19, 2011 - SEPT. 10, 2011

\$1399

BARCELONA¹
JUNE 19, 2011 - SEPT. 10, 2011

\$1199

ROME^{1,2}
JUNE 19, 2011 - SEPT. 10, 2011

\$1299

Round-trip fares from Calgary. Departure dates as indicated above. Fares do not include fuel surcharge of up to \$340 round trip. Offer ends March 31, 2011.

► Book at aircanada.com, call us at 1-888-247-2262 or contact your travel agent.

► Westwood Warriors hockey players, left to right, Brett Broten, Riel Dupas, Kern Jones and Liam Jones team up to shovel a neighbourhood walkway.

Working hard to play hard

For the 18 players on the Westwood Warriors, this season wasn't just about hockey.

Through community donations, the team was able to purchase new jerseys and pay for a tournament entry this season.

The charitable attitude of their neighbours inspired hockey mom and team manager Sherri Dupas to return the favour.

"There's always someone in every neighbourhood, on every street, that could use some extra help," she said.

At the end of November, Dupas handed out "snow cards" to every player and they were required to shovel walks and place the cards in their neighbours' mailboxes.

"I was thinking it would be really cold," said Riel Dupas, 12, of his mom's idea. However, Riel and his teammates quickly felt the rewards of giving back.

"My mom baked some cookies for the same lady

Shovel duty

- Each player was handed five "snow cards."
- Almost every player came back for more cards, said Dupas.
- The team hopes to continue shovelling in their community next winter.

whose walk we shoveled," said Liam Jones, 13, another Warrior. "And when we came over with the cookies she gave us a huge thank you ... I thought it was pretty good to be a good citizen."

Head coach Barry Burrows said the goal has always been to instil life lessons into hockey.

"We feel extremely fortunate to live in the community that we do," he said. "We've always felt that it's important to give back to the community, not just take, take, take."

► KATIE TURNER

aeroplan

aircanada.com

Heading-impaired (TTY): 1-800-361-8071. Second baggage fee may apply for certain destinations. Tickets must be purchased by March 31, 2011. Fares displayed do not include taxes, fees, complimentary surcharges, or any additional fees such as fuel surcharges, or any other fees. Fares are subject to change at time of printing and subject to new bookings only. Fares are subject to government approval. Day-of-week restrictions may apply. Last departure dates as indicated above. Minimum/maximum stay may apply. Unless otherwise specified, flights may be operated by Air Canada or Jazz Aviation LP. In cooperation with Star Alliance® member Lufthansa. In cooperation with Star Alliance® member Swiss International Air Lines. In cooperation with Star Alliance® member British Midland. In cooperation with Star Alliance® member Brussels Airlines. Star Alliance is a registered trademark of Air Canada in Canada. Aeroplan is a registered trademark of Aeroplan Canada Inc.

DANIER

leather factory outlet



**LAST
CHANCE
OUTLET EVENT
4 DAYS ONLY**
ENDS SUNDAY, MARCH 20TH

**TAKE AN
EXTRA
20% OFF
ALL FALL/WINTER*
CLEARANCE ITEMS**
**15% OFF
SALE ITEMS**

*ALL RED SALE AND
YELLOW CLEARANCE
TAGGED MERCHANDISE



LEATHER JACKETS
AS LOW AS
\$99⁹⁹

LEATHER BAGS
AS LOW AS
\$49⁹⁹

LEATHER ACCESSORIES
AS LOW AS
\$12⁹⁹

DANIER LEATHER FACTORY OUTLETS ONLY • 100% GENUINE LEATHER

SIGNAL HILL
5643 signal hill centre s.w.
403-240-1155

BEACON HILL CENTRE
11854 sarcee trail n.w.
403-241-2228

www.danier.com
customer service department
1-877-9danier (1-877-932-6437)



Liam and Emma top list of baby name picks

When a baby's name escapes you, Liam or Emma is the safest bet since a government study has identified them as Alberta's most popular baby names in 2010.

This ends Ethan's nine-

50,602 The number of babies born in Alberta in 2010 is 50,602 — a 1.8 per cent decrease from the previous year's total.

year run as the most popular boys name in Alberta whilst Emma, the most popular girls name from 2003 to 2005, has made a comeback — taking the number 1 spot from Olivia.

● METRO

Parking authority changing policy

The Calgary Parking Authority is making a change following an outcry from downtown parkers slapped with violation tickets.

General manager Dale Fraser said tickets will no longer be issued to people



picking up or dropping off passengers, provided they do so within a few minutes time.

Fraser said the change in policy has already come into effect and more leeway will also be granted to drivers pulling over to answer a phone call. ● METRO

Monologue showcase is a double punch

► Organizer Lacey Mullett says The Coming Out Monologues gives the LGBTQ community a voice

Coming out

- Performances will start at 7:30 pm at the Boris Roubaik theatre on the U of C campus.
- Ticket can be purchased for \$10 at the MacEwan Student Centre Ticket Centre or at the door.
- All proceeds go to Calgary Outlink Centre for Gender and Sexual Diversity, a charitable organization that provides support services for the LGBTQ community.

angles and the sad angles," said organizer Lacey Mullett.

● CAROLINA NOVOTNY

Science. Fair



► Fifth grader Arzina Jaffer from Webber Academy stands by her research project on different colours and intensity of light and its effect on power at the Calgary Youth Science Fair yesterday.

RYAN FACTURA/FOR METRO

Fair-ly certain about science

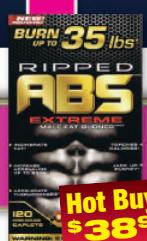
More than 800 Calgary-area students from grades five to 12 will take part in the biggest regional science fair in the country at the Big Four building in Stampede Park March 16-19.

Nobody beats GNC prices! HOT BUYS



Hot Buy*
\$38.99

SlimQuick
Razor
Weight Management
120 tablets



Hot Buy*
\$38.99

Sports Science LLC
Ripped ABS Extreme
Weight Management
120 tablets



Hot Buy*
\$65.99

Muscletech
Nitro-Tech
Protein
1.8 kg / 4 lb



Hot Buy*
\$29.99

PVL
Mutant Mass
Weight Gainer
2.2 kg / 5 lb



Hot Buy*
\$29.99

As Seen On TV
Power Gym
Training
1 unit



Hot Buy*
\$44.99

Rivalus
ComplX5
Pre Workout
600 g



Hot Buy*
\$55.99

Muscletech
Cell-Tech
Creatine
3 kg / 6.7 lb



Hot Buy*
\$79.99

AllMax
ISOFlex
Protein Isolate
2.25 kg / 5 lb



Hot Buy*
\$15.99

ReCleanse
Herbal Cleanse
Whole body detox
7 day supply



Hot Buy*
\$31.49

Progressive Multi for
Active Men
Active Women
Bonus - 150 capsules



Hot Buy*
\$27.99

Progressive Multi for
50+ Women
50+ Men
Bonus - 150 capsules



Hot Buy*
\$4.99

GNC
Vitamin D-3
1,000 IU Sunshine Vitamin
180 tablets

Pro Performance® sports nutrition BOGO 50% OFF - Mix & Match

See sales associate for details • Pro Performance BOGO offer ends April 25, 2011

GNC LiveWell.™

★ Visit www.gnc.ca for the location near you ★ 170 locations coast to coast ★

* Hot Buys offer valid March 10 to 21, 2011. Offer is limited to quantity on hand. Lowest price guarantee is based on nationally advertised pricing. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items.

SAMSUNG

"A knockout... exceptionally quick ...an HDTV-like viewing experience in the palm of your hand." – The Globe and Mail

"powerhouse device can satisfy almost any need."

– mobilesyrup.com



Samsung GALAXY S™
Vibrant™

**"Should you buy this phone?
In a word, yes.
It is that good."**

– thewunderbar.net

Believe the reviews on this unbelievable device.

Here's your chance to pick up the Samsung Galaxy S Vibrant, the smartphone with the world's best mobile screen¹, at an amazing price. For a limited time, get this super fast Android™ 2.2 (upgradeable) smartphone with Google apps, Android Market, astounding 4" Super AMOLED™ screen, front-facing camera for video calling, lightning fast SWYPE® texting, and social network integration with Social Hub™ for only \$49.95 on a 3-year term².

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca/galaxys

Bell

©2011 Samsung Electronics Canada, Inc. All Rights Reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd. Galaxy S Vibrant is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Google, Android are registered trademarks of Google, Inc. (1) Based on comparison of size, brightness and contrast of display vs. other leading smartphones. (2) With new activation on a 3yr term on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of \$50/mo. Offer ends April 15, 2011. No term pricing is \$499.95.

Quit the danger zone

- Growing number of countries tell their citizens to leave Japan
- Death toll to hit 10,000: Officials

Australia and Germany advised their citizens in Japan yesterday to consider leaving Tokyo and earthquake-hit areas, joining a growing number of governments and businesses telling their people to go.

Meanwhile, surging radiation at Japan's Fukushima Dai-ichi nuclear plant forced Japan to order workers to temporarily withdraw from the plant. They were ordered back last night.

Millions of people struggled for a fifth day with little food, water or heat. Police say more than 452,000 people are staying in shelters.

More than 4,300 people are officially listed as dead, but officials believe the toll will climb over 10,000.

THE ASSOCIATED PRESS

Canada watches

Canada's Foreign Affairs department says there is no change in its position regarding Canadians in Japan.

- Canada has already issued an advisory against non-essential travel to Japan.
- No evacuation is being planned at present, Ottawa says. Canadians wishing to leave Japan can do so by commercial means.
- Cirque du Soleil has decided to move its performers and staff working in Japan to Macau, a spokesperson says. Its show ZED has been based at Tokyo Disneyland and the touring KOOZA show was performing at the Fuji Dome in Tokyo.



The Road To Perfect Health

IS PAVED WITH GOOD INTESTINES!

We all have an internal GPS ("Gut Protection System") that keeps our health on course. Probiotics are the key to ensure it is running smoothly.

Whether you are 1 or 101, a daily probiotic supplement can help to:

- Improve Overall Health
- Improve Digestion
- Ease Constipation And/Or Diarrhea
- Boost Immune System
- Decrease Yeast Overgrowth

Receive \$3.00 OFF

your purchase of ANY* Renew Life Product

* Limit one coupon per purchase (Individual Organic Fibre Bars, FitSMART Bars & DigestMORE 20 caps Excluded). Coupon expires April 30th, 2011.

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be honoured. Failure to mail in, or request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Renew Life Canada Inc. will be liable only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada - 8 - 1273 North Service Road East - Oakville, ON - L6H 1A7.



Renew Life Offers Probiotic Solutions For The Whole Family!

RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE.
TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA

WIND STORES

CALGARY

Marlborough Mall

Westbrook Mall

1013 17th Ave SW

Kensington Village

NEW
Chinook Centre

Southland Crossing

Deerfoot Mall

Market Mall

Sunridge Mall

EDMONTON

LondonDerry Mall

Kingsway Mall

Edmonton City Centre W

West Edmonton Mall

BLOCKBUSTER®
KIOSKS

CALGARY

Brentwood Plaza

62 Saddletowne Circle NE

EDMONTON

95th St & 167 Ave NW

104th St & 79 Ave NW

23rd Ave & 109th St NW

BLOCKBUSTER®

March into WIND this weekend. It's our Biggest Handset Sale Ever.

New handsets from \$29.
Fri. March 18 - Sun. March 20.



Buy One Get One

\$350 Nokia C7 \$120 \$88 Individually Nokia 5230

Combo Pack

\$120 \$88 Individually Nokia 5230 \$100 \$68 Individually Samsung Gravity™ 2

Save up to \$150 with WINDtab™

The Irrepressible 25 Plan: Unlimited talk + text. And no-term contract.

\$25 /mo

- Unlimited Canada-wide calling
- Unlimited CA/US text + picture messaging
- Includes call control features

From any WIND Zone. Conditions apply. See WINDmobile.ca for complete details.

The Power of Conversation™



WINDmobile.ca

Conditions apply to the WINDtab™ and all offers. Handsets available while quantities last. You may activate this plan for a limited time only and its availability is subject to change or cancellation without notice. This plan may be combined with the \$25 port-in credit. Handset sale prices are only valid with an activation of a plan of \$25/month or higher. All services subject to WIND's stated Terms of Service and are for personal use by an individual. Learn more at WINDmobile.ca. WIND, WIND MOBILE, WINDtab are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. © 2011 WIND Mobile. Nokia is a registered trademark of Nokia Corporation. © 2011 Nokia. All other trademarks are the property of their respective owners.

Bahrain in a choke-hold

► Soldiers, riot police impose a 12-hour curfew and ban all movement nationwide ► Hospital doctors stopped from leaving or treating wounded

Soldiers and riot police in Bahrain overran a protesters' camp, imposed a 12-hour curfew and choked off movement nationwide yesterday.

Witnesses described helicopters firing on homes in a hunt for Shiites and attacking doctors treating the wounded.

The government called demonstrators "outlaws" for demanding an end to the monarchy.

The nation that once led the Middle East in entrepreneurial openness went into lockdown, its government propped up by troops from Sunni Gulf neighbours fearful for their own rule and the spread of Iran's Shiite in-

"There are many people injured, but we can't bring them to the hospital because of the travel restrictions and doctors can't come to us."

ALI MARSOUK, A RESIDENT OF THE SHIITE VILLAGE OF SITRA WHO SAID HELICOPTERS FIRED ON HOMES IN A THREE-HOUR ATTACK

fluence. The violence left at least five people dead.

The unrest that began last month increasingly looks like a sectarian showdown. The country's Sunni leaders are desperate to hold power, and majority Shiites want more rights and an end to the monarchy.

U.S. President Barack Obama called King Abdullah of Saudi Arabia and King Hamad bin Isa Al Khalifa of Bahrain to ex-

press deep concern over the violence.

White House spokesman Jay Carney said Obama stressed the need for "maximum restraint."

U.S. Secretary of State Hillary Rodham Clinton said the introduction of Gulf forces was "the wrong track."

Doctors at the country's main hospital said their facility was taken over by security forces, blocking physicians from either

leaving or treating the wounded on site.

There have been moments of open anger. As overwhelmed teams treated the injured, many broke out in calls to topple the monarchy.

"We are under siege," said Nihad el-Shirawi, an intensive care doctor who said she had been working for 48 hours. "We cannot leave, and those on-call cannot come in."

Britain will send charter planes to help its citizens leave Bahrain as soon as possible, officials said.

Britons were told to remain at home last night and make their way to the airport today.

THE ASSOCIATED PRESS



► Tires burn near a shopping mall in Malkiya, Bahrain, yesterday as Shiite youths brace for the anticipated arrival of government forces.

World Vision

Japan devastated by quake and tsunami



AP Photo/Kyodo News

World Vision needs your help to provide immediate humanitarian relief to the children and families of Japan.

On Friday, north-eastern Japan was struck by a 9.0 magnitude earthquake – one of the most powerful earthquakes in recorded history – triggering a powerful tsunami. Thousands have lost their lives and entire towns have been washed away.

Children urgently need your help.

More than 400,000 children and families have been displaced. Children are spending bitterly cold nights in the open without food or water.

World Vision is there.

At this moment, our staff is on the ground, working to ensure that relief gets to those who need it most. Additional disaster response experts are on their way to assist in assessing and responding to the most urgent needs.

Please act now to protect lives!

To rush emergency supplies to the children and families of Japan who desperately need help now, call 1 800 654-2650 or donate now at worldvision.ca.

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

Rush my gift to help save lives in Japan!

I'm enclosing: \$100

\$200

\$500

\$_____ to help as much as possible

Name _____

Address _____ Apt. _____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: VISA MasterCard American Express

CARD NUMBER _____

EXPIRY DATE _____

SIGNATURE _____

100719/4226379

Please make your cheque payable to:

I World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at worldvision.ca



Donate now. Call 1 800 654-2650 or visit worldvision.ca

HASAN JAMALI/THE ASSOCIATED PRESS



Gadhafi's troops fight to push rebels out of key city

Libyan rebels battled to hold a strategic eastern city against a punishing offensive by forces loyal to Moammar Gadhafi yesterday, voicing anger and frustration at the West for not coming to their aid.

Charred vehicles, bullet-riddled pickup trucks and an overturned tank littered the desert near the entrance to the key eastern city of Ajdabiya.

Government troops were bringing in a stream of truckloads of ammunition, rockets and supplies.

Meanwhile, the latest international effort to impose a no-fly zone over Libya stumbled along.

Supporters in the UN Security Council were trying to push through a resolution along with other measures aimed at preventing Gadhafi from bombing his people.

THE ASSOCIATED PRESS

FOUR DAYS ONLY!

THURSDAY, MARCH 17 TO
SUNDAY, MARCH 20, 2011

19⁹⁹
EACH
ALL HAGGAR
WOMEN'S WEAR
CLEARANCE
PRICED
FASHIONS

While quantities last



haggar

1926



CELEBRATING
50 YEARS OF
PASSION, QUALITY
& DEDICATION

The ARLINGTON III



2,306 SQ FT STARTING FROM
\$396,480*

INCL. LOT & GST

We've been building Calgary from the ground up for 50 years. To celebrate, we're offering you the Arlington III – featuring three bedrooms, flex room, spacious master suite and ensuite, upper floor laundry and bonus room. Now that's a reason to celebrate!

THE ARLINGTON III IS AVAILABLE IN:
New Brighton & SkyView Ranch

*Price based on SkyView Ranch lot. Price will change based on lot selection.

morrisonhomes.ca

BUILDING THE BEST
Calgary's Builder of the Year for 9 Consecutive Years
Customer Choice Award for 4 Consecutive Years

MORRISON HOMES 50 years

Sears

NE033G411 © 2011, Sears Canada Inc.

Harper reveals the cost of fighting crime

► Government releases estimates for its law-and-order agenda ► Contempt hearings get underway

The Harper government has done an 11th-hour about-face in its showdown with Parliament and released what it says are detailed cost estimates of its law-and-order agenda.

Justice Minister Rob Nicholson said the thick stacks of documents put the cost of anti-crime legislation at \$631 million — on top of \$2.1 billion already announced for expanded prisons.

The move follows last week's unprecedented rebuke of the minority Conservative government by Commons Speaker Peter Milliken, who ruled that the government breached parliamentary privilege by



► A stack of documents sits on a desk at a Parliamentary hearing yesterday.

refusing to fully disclose full cost estimates for its justice agenda, corporate tax cuts and plans to purchase stealth fighter jets.

Yesterday's document

dump came as the Commons procedure and House affairs committee began three days of hearings into whether the Harper government and a cabinet minister are in contempt of Parliament. The release may help derail opposition efforts to hold the government in contempt.

The hearings opened as all parties prepare for an election that could be triggered as early as next week — either over next Tuesday's budget or a Liberal confidence motion.

No federal government or cabinet minister has ever been found in contempt. **THE CANADIAN PRESS**

Some people think of **the TRIBECA** as a trendy neighborhood in Manhattan.



We think of it as an

affordable
efficient

new home in Cranston, Calgary.

Introducing new homes from The District by Cedarglen. The District homes combine urban design with suburban living and are so energy efficient that you not only receive an immediate rebate*, but you'll also have lower monthly energy bills. All starting from \$292,000.

Visit thedistricthomes.ca, call Megan at 403.452.8481 or visit us on Facebook for more information.



*Government rebate program subject to change without notice. Starting price includes house, lot and gst.



► Gary Lunn, minister of state for sports, announces funding to support injury prevention in sports and recreation among children and youth, yesterday in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

Putting up money for noggins

Gary Lunn, minister of state for sports, announced yesterday in Montreal — where hockey head injuries have been a hot topic — that the government is committing \$5 million to prevent injuries in youth sports. The two-year plan aims to promote safety and reduce preventable injuries, including concussions.

Acquitted man seeks damages

One of two men acquitted in the 1985 Air India bombings is suing federal and provincial justice offi-

cials. Ajaib Singh Bagri has filed a civil lawsuit in B.C. Supreme Court over his arrest and trial for murder in

the deaths of 329 people killed in the June 23, 1985, bombing.

THE CANADIAN PRESS



**WHAT ARE YOUR
TOP 10 THINGS
TO DO IN THE DARK?**

Take the Metro Life Panel survey March 18!

With Earth Hour coming up, the Metro Life Panel team wants to know what are YOUR Top 10 things to do in the dark!

Results will be published in the Earth Hour Special Feature in Metro on March 25.

**REGISTER TODAY AT
METROLIFEPANEL.CA**

**metro
life panel**

International pedophile ring busted: Police

► Victims between the ages of seven and 14 ► Online forum members could exchange abuse photos, video

Police have smashed a huge international pedophile ring, rescuing 230 children and arresting 184 suspects, including teachers and police officers.

The three-year investigation codenamed Operation Rescue identified and safeguarded children in more than 30 countries by arresting people suspected of abusing them, Rob Wainwright, director of the European Union police agency Europol, said yesterday.

The ring was centred on an Amsterdam-based online forum called boylover.net, which Wainwright described as "probably the largest online

Online bust

Most of the 184 people arrested are suspected of direct involvement in sexually abusing children.

► Those arrested include teachers, police officers and scout leaders.

► One individual involved in youth camps is suspected of abusing some 100 children over five years.

pedophile network in the world."

The heavily encrypted forum, whose administrator appeared in a Dutch court on Tuesday charged with sex offences, had up

to 70,000 members.

The investigation was led by Britain's Child Exploitation and Online Protection Centre but involved agencies as far away as Australia, the United States and Thailand.

Peter Davies of the British child protection centre said there would be more arrests.

"Those who have been members of the site can expect a knock on the door in the very near future," he said.

Wainwright said the site was designed as a discussion forum where pedophiles could "share their sexual interest in young boys." THE ASSOCIATED PRESS

THE BEST THING TO HAPPEN TO THE IPHONE SINCE OUR LAST APP!



metro
play

NOW with METRO BLOCKS!



PARTICIPATE ON APRIL 15

be
~~SLEEP~~
HOMELESS
FOR A NIGHT
IN THE YWCA GYMNASIUM

In 2010,
over 2700
women and
children came
to the YWCA
hoping for a home.

**KEEP A
ROOF
OVER THEIR
HEADS**
IN SUPPORT OF THE YWCA

Register to fundraise:
ywcakeeparoofcalgary.com

403.705.5784



Long Distance

Lowest Long Distance Rates!

No Matter Where you Call,
No Matter What Rate you Pay,
We'll beat it... Guaranteed!

NEW LOW RATE

INDIA

1¢



► Calling India at only 1 cent per minute. (Land and mobile included).

\$ 10/month = 1000 Minutes = **1¢**

UNLIMITED

CANADA \$5



► Unlimited calling anywhere in Canada. Even on your Home or Cell Phone.

Make Long Distance and
OverSeas Calls From your
Home or Cell Phone

Bangladesh
from 3.9¢/min

Iran
from 5.9¢/min

Romania
1.9¢/min

Ukraine
7.9¢/min

Australia	1.9¢/min	Israel	1.9¢/min	South Korea	2.9¢/min
Bosnia	13.9¢/min	Italy	1.9¢/min	Sri Lanka	9.9¢/min
China	1.9¢/min	Lebanon	7.9¢/min	Trinidad	4.9¢/min
Colombia	from 3.9¢/min	Mexico	from 1.9¢/min	U.A.E.	14.9¢/min
Cuba	89.9¢/min	Pakistan	5.9¢/min	U.K.	2.9¢/min
El Salvador	9.9¢/min	Philippines	11.9¢/min	Germany	1.9¢/min
Germany	1.9¢/min	Poland	1.9¢/min	Vietnam	4.9¢/min
India	2.9¢/min	Russia	from 1.9¢/min	Serbia	7.9¢/min

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

403-451-5801
comwave®

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.



Wedding gift of giving

► Prince William and Kate Middleton are asking for donations in lieu of presents ► Canadian Coast Guard Auxiliary among chosen charities

What to get the couple who have everything? How about a donation to a rhino sanctuary — or an offer of help for earthquake victims in New Zealand.

Prince William and Kate Middleton yesterday became Britain's first royal couple to request charitable gifts in lieu of presents, seeking to pre-empt the tide of extravagant — and unusual — offerings that typically flood in for a royal engagement.

The palace said the couple were "touched by the

Another option

An Ottawa-based online gift registry company is giving Canadians the chance to celebrate the royal wedding in the name of charity.

goodwill shown them," and selected 26 charities to benefit from a special charity gift fund.

Their decision to forego toasters, gravy boats and candlesticks sets William and Middleton apart from

► Wedding Republic will be using a gift registry in the couple's honour to collect donations for the Foundation of Prince William and Prince Harry.

► Contributions can be made until April 30.

vulgar, middle-class custom."

William and his bride-to-be are said to be determined to make sure their April 29 wedding is not seen as overly ostentatious at a time when the British economy is hurting.

The charities they have selected — including the Canadian Coast Guard Auxiliary — represent a range of issues.

Donations can be made by visiting royalweddingcharityfund.org.

THE ASSOCIATED PRESS

Be mortgage-free faster. That's smart borrowing.

Be mortgage-free faster with the right mortgage for right now.
The low-rate mortgage. Only from BMO®.

Know you're protected if rates rise, with the low-rate mortgage from BMO. Just a great 5-year fixed rate. And, with an amortization of 25 years or less, you'll pay off your mortgage faster and you could save over \$55,000 in interest versus a mortgage amortized over 30 years.² Now that's smart borrowing.

Visit a branch today, or have one of our mobile Mortgage Specialists come to you.

Visit bmo.com/lowratemortgage

3.89%
APR¹

BMO  **Bank of Montreal**

Making money make sense®

¹The Annual Percentage Rate (APR) for the 5-year low-rate fixed closed mortgage is 3.89%. APR assumes no fee(s) apply. If we require you to obtain an appraisal, the appraisal fee would increase your APR. Funds must be advanced within 90 days from the date of application. Offer may be changed, withdrawn or extended at any time without notice. Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. This special offer is not available for Homeowner Readline®. ²Example is based on a \$250,000 mortgage at 6.00% APR on a 5-year fixed rate term. ³Registered trade-marks of Bank of Montreal.

Hurry! Offer ends March 31.



BIG news

Hot Android™ powered phones starting at \$0.



 **LG Shine Plus™ with Google™**

SALE \$49.99

\$0 **\$299.99**
3 year term | No term

SAVE \$299.99



 **Samsung Galaxy S Fascinate™ 3G+**

SALE \$79.99

\$49.99[†] **\$529.99**
3 year term | No term

SAVE \$480



 **HTC Desire™ HD with HTC Sense™**

SALE \$129.99

\$99.99[†] **\$499.99**
3 year term | No term

SAVE \$400

Voice & Data Flex 55+

The worry-free data plan that adjusts to your needs.

UNLIMITED

- Nationwide talk with your 10 favourite numbers[‡]
- Text, picture and video messages^{**}

WITH Unlimited Early Nights (6pm) and Weekends

All on Canada's fastest^{††} coast-to-coast 4G network.

telusmobility.com

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

 FUTURE SHOP

 BEST BUY

 Walmart

 LONDON DRUGS

 VISIONS

 BLACK'S

Offer valid until March 31, 2011. Prices are subject to change without notice. Pricing and availability may vary. *Available for clients who activate or renew on a 3 year term with a Clear Choice voice and data rate plan of \$50 or greater. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. [†]You may change the 10 numbers once per billing cycle by visiting telusmobility.com. ^{**}Premium messages are not included. An additional 20¢/message charge will apply for each text message or attachment sent outside of Canada and the US. An additional 45¢/message charge will apply for text messages sent or received while roaming (outside of North America). Visit telusmobility.com/text for details. SMS roaming charge is 60¢/incoming or outgoing message. Video and picture messaging are only available in PCS and 1X digital coverage areas. Clients with non-capable phones will receive a text message that includes a web address where they can view the picture or video. Multimedia messaging used while outside of Canada is charged as data roaming. ^{††}Based on TELUS' tests of data throughput speeds in large Canadian urban centres available from national HSPA+ service providers. Internet access speed provided by the network operator may vary due to the device being used, network congestion, distance from the cell site, local conditions and other factors. Speed on the Internet is beyond the wireless network operator's control and may vary with your configuration, Internet traffic, website server and management policies, and other factors. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Android and the Android logo as well as Android Market and the Android Market logo are trademarks of Google, Inc. Facebook is a registered trademark of Facebook, Inc. All other trademarks are the property of their respective owners. © 2011 TELUS.



the future is friendly™

TELUS AUTHORIZED DEALERS

CALGARY NORTHWEST

Beacon Hill Centre

Dalhousie Station

Market Mall

North Hill Centre

Northland Village Mall

822 Crowfoot Cres. NW

207 14th St. NW

NORTHEAST

Country Hills Town Centre

CrossIron Mills

Deerfoot Mall

Marlborough Mall

Pacific Place

Sunridge Mall

1353 32nd Ave. NE

2520 23rd St. NE

2000 McKnight Blvd. NE

323 - 2555 32nd Ave. NE

SOUTHWEST

Bankers Hall

Bow Valley Square

Chinook Centre

Southcentre Mall

TD Square

Westbrook Mall

Westhills Towne Centre

6039 Centre St. S

835 17th Ave. SW

245 - 225 7th Ave. SW

16061 MacLeod Trail S

264 - 6100 MacLeod Trail S

1 - 4623 Bow Trail SW

203 - 321 6th Ave. SW

5 - 2008 33rd Ave. SW

SOUTHEAST

Dragon City Mall

Quarry Park

South Trail Crossing

TELUS Convention Centre

856 - 33 Heritage Meadows Way SE

1288 42nd Ave. SE

7845 Flint Rd. SE

4410 50th Ave. SE

3012 17th Ave. SE

109S - 8500 MacLeod Trail S

4949 Barlow Trail SE

Okotoks

181 - 31 Southridge Dr.

118 Elizabeth St.

Strathmore

8 - 55 Wheatland Trail

103 - 331 3rd Ave.

COMING UP ROSES

Steadfast growth ahead: TD

The Canadian economy will overcome any effects from the crisis in Japan and expand faster than was expected a few months ago, TD Bank predicts.

The bank's new forecast has the economy growing strongly in the first half of this year and slowing in the latter half. For the year, TD expects the economy will expand by three per cent, half a

point more than its previous estimate and 0.6 percentage points higher than the Bank of Canada's projection. The growth will be most prominent in Newfoundland and the Prairies, but even Ontario's manufacturing-based economy will rise by 2.9 per cent, TD says.

Statistics Canada said yesterday that Canada's still depressed manufacturing sector had a banner January, with activity picking up by 5.5 per cent in volume terms.

TD's sunnier outlook stems from the strong 3.3 per cent growth in the fourth quarter.

THE CANADIAN PRESS

Apartment Finder

To advertise contact Warren Smith at 403-539-4948

MEADOWBROOK

13531 Deer Run Blvd. SE



LEASE INCENTIVES

1 & 2 Bedroom Apts., Cats Permitted, Cozy Fireplace, Close to LRT and Major Bus Route - Call 403.278.6676
scpi-mtn@shawbiz.ca

SHELTER CANADIAN PROPERTIES LIMITED

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM

**Service Directory**

To advertise contact Blaine Schlechter at 403-444-0136

BOXES

budget box guy

BOXES NEW or USED

1/2 price SPECIAL

Shipping Products
Packing Supplies
Bubble/Shrink Wrap
Wardrobes/China Boxes
Tape/Paper/Foam
Moving Blankets
Fote Bin Rentals
Buy Back Programs

budgetboxguy.com
5-1255 45 Ave NE 403.697.1000

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM

club metro

PSYCHICS

MYSTIC EYE SPIRITUAL READINGS
57 YEARS EXPERIENCE
100% Guaranteed Results

1/2 price SPECIAL

SPECIALIZING IN REUNITING LOVED ONES
REMOVES ALL BAD LUCK SPELLS AND NEGATIVE ENERGY
Palm • Tarot • Energy Readings
403.228.2258 BY APPOINTMENT ONLY
SOLVE ALL PROBLEMS OF LIFE

FINANCIAL

NEED MONEY?
✓ No credit checks
✓ Fast approvals
1-866-499-5629
And get cash now!!
www.mynextpay.com

MoneyProvider.com
\$500 Loan
Fast, easy and secure
No credit refused

www.moneyprovider.com
1-877-776-1660

Apple kid-proofs iTunes purchases

► Parents dinged hundreds of dollars for wagonloads of Smurfberrries

THE ASSOCIATED PRESS/CAPCOM ENTERTAINMENT INC.

Apple Inc. has changed how purchases inside iPhone and iPad games are authorized after customers complained that their children were racking up hundreds of dollars in charges.

The issue was that after a user entered an iTunes password, the device didn't prompt for the password again for 15 minutes, so purchases could go through. Apple devices now have one 15-minute password-free timer for the App Store and iTunes, and a separate one for in-app purchases. THE ASSOCIATED PRESS



► After complaints, Apple has changed how app purchases are authorized.

Xoom versus iPad 2: Tablet smackdown

Motorola Mobility Inc. will launch a Wi-Fi-only version of its Xoom tablet computer in the U.S. for \$599. The Xoom is a prominent competitor to

Apple Inc.'s iPad. The Wi-Fi-only iPad 2 with 32 gigabytes of flash memory, the same amount as the Xoom, also costs \$599 US. Both have

fast dual-core processors and two cameras. But the Motorola tablet runs Google Inc.'s Android software, while the iPad runs a version of the iPhone's

software.

The Xoom goes on sale March 27. There's no word yet of a Canadian release date.

THE ASSOCIATED PRESS

Fixed mortgage rates fall

TD Bank and National Bank are lowering some of their fixed-rate mortgages as nervous investors move to bonds, causing a drop in long-term interest rates.

The banks' fixed five-year closed rates will drop 0.1 of a point to 5.34 per cent, effective today. Seven-year rates will move 0.2 percentage points lower to 6.14 at TD, but will be unchanged at National, whose 10-year closed rate will fall 25 basis points to

4.99%

Four-year fixed rates will fall 0.15 percentage points to 4.99 per cent at TD, National Bank, RBC and BMO.

6.4 per cent.

Fixed mortgage rates, which are closely tied to bond markets, tend to fall when traders shift investment activity from riskier

equity assets toward bonds, which are considered safer.

The move follows similar announcements on Tuesday from Royal Bank of Canada and Bank of Montreal.

Last month, many of Canada's big banks moved to raise their fixed mortgage rates as investors grew more confident about investing in equity markets and the global economy appeared stronger.

THE CANADIAN PRESS

Market moment

WHOLE earth FARMS

Whole Earth Farms adult formula for dogs, 35lbs - **\$39.99**
(a \$10.00 saving!)

Whole Earth Farms formulas were created as a truly holistic food at a value price, taking the best, healthy ingredients from the earth and mixing them into a delicious, daily meal.

Sale ends March 31/2011

FAIRPLAY STORES - Everything pet since 1921
2604 Kensington Road NW, Calgary • 403.283.2117
Mon - Fri: 9-6, Sat: 9-5:30, Sun: 12-5

CELEBRATING 50 YEARS OF BUILDING THE BEST WITH THE ARLINGTON III

2,306 SQ FT FROM THE **\$390s**

morrisonhomes.ca



ACHING FOR SUMMER'S FIRST SWEET KISS

He says ...

JOHN MAZEROLLE



For a country that's in one hemisphere, Canada sure seems bipolar sometimes.

We're the only country in the world proud to be humble. We puff out our chests at our democratic values but sulk like children when it's time to vote. And here's the big contradiction this time of year: We embrace the myth of the lone and rugged, snow-loving Canadian outdoorsman, while we actually ache for the sweet kiss of summer.

If our schoolbooks and Roll Up The Rim commercials are to be believed, then we should be out in the wilderness right now, starting fires by knocking caribou antlers together and portaging

our pemmican with the other voyageurs. In truth, the only survivor skills most know is that if you're stuck in a blizzard you should use your lightsaber to cut open your Tauntaun.

We spend the whole winter in shopping malls. We curse every snowfall except the first one and, if we're feeling the spirit, a light dusting before Christmas.

We can't handle winter and, in fact, act each year like we've never seen it before, rushing headlong into car accidents, heart attacks and that hilarious fall where you do a Russian kick dance before you hit the ground. If you do it right, your briefcase opens and the pages of your

annual report go everywhere.

This seasonal amnesia sounds like classic denial to me — perhaps brought on by Post-Traumatic Snow Disorder.

And now comes spring, but not

soon enough. Weather patterns differ across the country — Vancouverites will be laughing so hard at Halifax by mid-April that foamed milk will come out their nose — but

right now everybody is in the same boat: The temperature dances about in the single digits and everybody stares mournfully at the sky.

The street is filled with season-pushers, dressed in skirts and light jackets, hoping that if we all dress like it's warm we might ac-

tually fool Mother Nature.

We like to criticize young people because, once it's 5 C, we can find guys outside bars wearing little more than cologne, alongside women in short skirts, whose length of exposed leg provides a quick measurement on The Likelihood Of Bad Life Decisions.

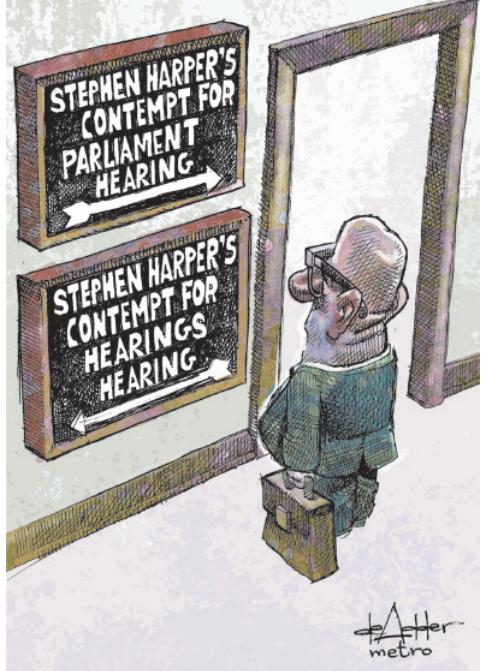
But in truth we're all in the same boat, dressed suggestively for Mother Nature and hoping she might give us a little somethin' somethin' to remember her by.

When it finally warms up, we can then, and only then, embrace our outdoorsman image. Unless there are insects. Then we'll be inside.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



2011: A Space Odyssey

Worth mentioning

The first humanoid robot ever launched into space is finally free.

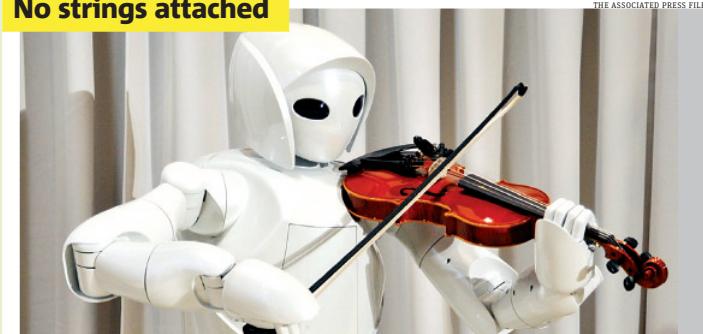
Astronauts at the International Space Station unpacked Robonaut Tuesday, 2½ weeks after its arrival via shuttle Discovery. NASA broadcast the humorous unveiling ceremony yesterday.

American Catherine Coleman and Italian Paolo Nespoli pried off the lid of the robot's packing box, as though they were opening a coffin. TV cameras showed lots of foam inside, but no robot.

"It's like unearthing a mummy," radioed a payload controller at Marshall Space Flight Center in Huntsville, Ala.

"Well, at least the mummy

No strings attached



my would be here," Coleman replied. "We just have an empty box where Robonaut is supposed to be."

Robonaut — also known as R2 — was spotted a minute later in front of a work station.

"I'd like to introduce you to the newest member of our crew," Coleman said.

"We're going to see

what Robonaut can do."

The payload controller asked if R2 was related to HAL, the sinister computer with artificial intelligence from the 1968 film 2001: A Space Odyssey.

"Since we found him already controlling the space station, we're sure that he is related to HAL. But we'll see," Coleman said.

THE ASSOCIATED PRESS

What did you want to be when you grew up?

Email
calgaryletters@metronews.ca
Twitter
[@metrocalgary](http://metrocalgary)

Metro has the right to edit letters and submissions.

Metro Minute at Sailin' On concert

Those venturing to the Telus World of Science to take in Titanic: The Artifacts Exhibition tonight are in for a special treat.

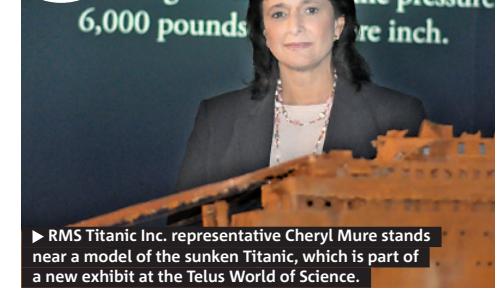
Partnering with Cantos Music Foundation, the internationally acclaimed exhibition will host Sailin' On: Music Of The Titanic.

The one-hour concert comes with admission and features the music historian tandem of Katarzyna

Borkowska and Bob Pearson. They will perform classical pieces, hymns and popular tunes at the time of Titanic's ill-fated maiden voyage. The concert gets underway at 8 p.m. inside the Discovery Dome. The Telus World of Science is located at 701-11th St. SW. For more information including admission prices, go online to carlyscience.ca. • METRO



September 1, 1985. For 73 years two miles beneath the surface of freezing water, the pressure 6,000 pounds per square inch.



► RMS Titanic Inc. representative Cheryl Mure stands near a model of the sunken Titanic, which is part of a new exhibit at the Telus World of Science.



Scene in brief



CBC personality George Stroumboulopoulos is joining a roster of international stars using their fame to bring attention to world hunger. The late night TV host announced

Tuesday that he will serve as an ambassador against hunger for the United Nations World Food Program.

THE CANADIAN PRESS

The day when everyone is Irish

► St. Patrick's Day is here and Calgary has plenty of good Irish pubs to celebrate at ► If you can't pick just one, why not go for a pub crawl?



► Get your green on. It's St. Patrick's Day!

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY



I hope you remembered to wear green today. It's St. Patrick's Day!

Not only does this day have significant religious, cultural, and celebratory ties, it also marks a renewed hope that we will actually see a patio season in this city. After months of hibernation, today is the un-

official holiday where it's OK to get a little sloppy on a Thursday night (well, before Stampede anyway).

There are so many decisions to make: where to drink, how to get out of work early, and where to drink. Calgary actually boasts quite a few Irish pubs. So, in a bit of a departure from the usual column format of profiling one venue, here's a snapshot of where you can get your green on.

There's the obvious Irish hot spots Joyce on 4th (506-24 Ave. SW), Limericks (7304 Macleod Trail South), Seanachie Irish Pub (5909

Signal Hill Center SW), Ceilis (513-8 Ave. SW) and James Joyce (114-8 Ave. SW), and who can forget the Ship and Anchor. Although the Ship might not technically be an Irish bar, they will take any excuse to open that patio and have an awesome time. With all these places putting on some serious parties, you better get there early or be prepared to slip the bouncers some green queens.

If you just can't decide, there's the option of getting on board a last minute pub crawl. Who doesn't love a mystery bar location? If you like randomness and spon-

taneity, then check out clubzone.com for their St. Patty's specials. For around \$40, they'll hook you up with party hosts that will shuttle your drunkenness around town and get you into bars with no line and no cover.

If bar hopping isn't your style, get a true festive experience with The Real McKenzies playing at the Republik (219-17 Ave. SW) who don kilts and bagpipes to celebrate their Scottish heritage on St. Patrick's Day. Tickets are only \$14 and available at PrimeBox-Office.com and Union-Events.com.

Show off your trivia expertise

You don't need to be Mensa smart to take part in the latest Calgary corporate challenge; you just need a love of trivia — or the ability to laugh at yourself.

The creation of Don Ouellette, Brain Freeze is in its 12th year and brings together corporate Calgary to see who will hail as the smartest company after 50 brain-teasing questions.

The cost is \$100 for a team of four to compete next Tuesday from 7 to 10 p.m., at Schanks Athletic Club South (9627 Macleod Trail SW). For more information, call (403) 251-6641 or go online calgarycorporatechallenge.com.

● JENNIFER LARAWAY

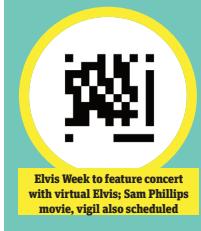
48 hours to make a movie

Some of the most famous blockbuster movies were created on next-to-nothing budgets and shot by up-and-coming or hobbyist film makers.

Now is your chance to crack onto this coveted list with the 48 Hour Movie Making Challenge put on by the Calgary Underground Film Festival. 7 p.m. at Tubby Dog (1022-17 Ave. SW) is the meet-up venue next Friday, where 25 participants will be given a random genre, prop, or line of script to be included in the film. They are then sent out onto the streets of Calgary to film their masterpieces in 48 hours or less.

To register or for more information, visit calgaryundergroundfilm.org.

● JENNIFER LARAWAY



Elvis Week to feature concert with virtual Elvis; Sam Phillips movie, vigil also scheduled



For a Limited Time Only.

At participating cafés only. While quantities last.
Not valid with any other offer. No cash value. No coupon necessary.

Discover a Slice of Paradise

Try it with our Carrot & Cream Cheese Loaf.



12 oz
Coffee

Life without limits

► As in his new movie, *Limitless*, actor and hunk Bradley Cooper is discovering just how far he can go

 **NED EHRBAR**
SCENE@METRONEWS.CA

There have been rumors that Bradley Cooper scored five million dollars to star in the sequel to his breakout film, *The Hangover*, but you honestly wouldn't know it, given his fondness for freebies.

When we caught up with him while he was promoting his new film, *Limitless*, he was lounging on a couch in the Trump

Soho Hotel with a backpack by his feet. The logo on the bag looked familiar. We asked if it was from one of his other recent films.

"The A-Team? Yeah, I love it. It's the greatest. You wanna see it?" Cooper says, excitedly pulling it over so that we can take a look at the military grade sack with the logo from last year's summer blockbuster, in which Cooper also starred, emblazoned

on the front.

"All I wear is stuff from movies," he confesses of the free promotional items from major studio films like, well, almost every film he's been in lately.

This time Cooper is the leading man in *Limitless*, as a struggling writer who suddenly becomes a power player once he stumbles on a drug that allows him access to his brain's fullest potential.

The immediate success that the fictional drug, NZT, brings his character in the film to mirror Cooper's own fast shot to fame, though he did so without any kind of chemical aid. We had to ask: do the most famous actors and actresses become successful because they're truly the best at what they do?

"Isn't it like what Oprah said? Luck is opportunity meets preparation," Cooper says.



► Bradley Cooper is a struggling writer in *Limitless*.

The Scotiabank International Movie Lovers Contest

SCENE members could WIN
1 of 3 International trips for two
to Toronto, Utah or Venice![†]

OR, WIN 1 of 1,000 FREE movies.[†]



Register today at **SCENE.CA!**
Contest ends March 20, 2011

You're richer
than you think.[®]

 Scotiabank

*Registered trademarks of The Bank of Nova Scotia. [†]VISA Int'l. Lic. user The Bank of Nova Scotia. [†]Registered trademark of SCENE IP LP, used under license. [†]Cineplex Entertainment LP, used under license. [†]Scotiabank, SCENE LP and Cineplex Entertainment LP are in no way affiliated or associated with the Toronto International Film Festival, the Sundance International Film Festival or the Venice International Film Festival. The Contest commences at 12:01 a.m. (ET) on January 31st, 2011 and ends at 11:59 p.m. (ET) on March 20th, 2011. No purchase is necessary. To enter this Contest, members must register online at www.scene.ca/promofilmfest. To complete this registration, entrants must successfully answer a mathematical skill-testing question. There will be 3 Grand Prizes awarded each consisting of a trip for the winner and a guest to one of the locations below. The 1st grand prize is a trip for 2 to Venice in 2011 (ARV \$12,000 CDN). The 2nd grand prize is a trip for 2 to Utah in 2012 (ARV \$12,000 CDN). The 3rd grand prize is a trip for 2 to Toronto in 2011 (ARV \$12,000 CDN). Also, there are one thousand (1000) Secondary Prizes consisting of 1000 SCENE points each (ARV of \$10 CDN). Chances of winning depend on the total number of eligible entries received during the Contest Period. The Contest for the Grand Prizes is open to all residents of Canada who have reached the age of majority by the end of the Contest Period. The Contest for the Secondary Prizes is open to all residents of Canada who have reached the age of 14 by the end of the Contest Period. Entrants can earn one (1) entry each time they use their SCENE membership card to earn or redeem points and two (2) entries for each time they make a qualifying purchase using a SCENE[™] ScotiaCard[®] or a Scotiabank SCENE[™] VISA[®] card. For full Contest details go to www.scene.ca/promofilmfest.

Ne-Yo blames album slump on being distracted

Ne-Yo's first three albums were Grammy Award-nominated, platinum successes. His latest effort, *Libra Scale*, could still be up for a Grammy next year, but it's miles away from reaching platinum status.

Since its November release, the disc has sold only 277,000 copies, according to Nielsen SoundScan, which tracks music sales. The CD's singles — *Beautiful Monster*, *Champagne Life* and *One In A Million* — failed to crack the Top 40.

Ne-Yo says when recording *Libra Scale*, he focused more on the music videos instead of dedicating time to the songs.

"It's just that I didn't get

to pay as much attention to the music as I normally would because I was so focused on the story line that the album is based off of," said Ne-Yo, who co-directed the video clips with Wayne Isham. "There was so much energy put into that, that when it came time to put the music together, you know, for one there wasn't as much time and for two there wasn't as much energy."

The 31-year-old hit songwriter says he's already begun work on a new album, to be released in September.

"I'm stepping back to where it's just about the music," he said. "I'm going

to let it be just about that, and you determine your own story from there."

Ne-Yo appears in the alien invasion sci-fi film *Battle: Los Angeles*, which hit No. 1 at the box office over weekend with a \$35.6 million debut. He filmed the movie over the summer, when he also was working on *Libra Scale*.

"You know I was kind of back and forth with (both projects)," he said. "It's almost impossible to take the amount of focus to shoot a film like this and the amount of focus it takes to put an album together and do them at the same time. ... I won't say that was why the *Libra Scale* album

didn't do as well as I expected it to, but I will say it had a lot to do with me not being able to pay as much attention to the process of putting together the *Libra Scale* album."

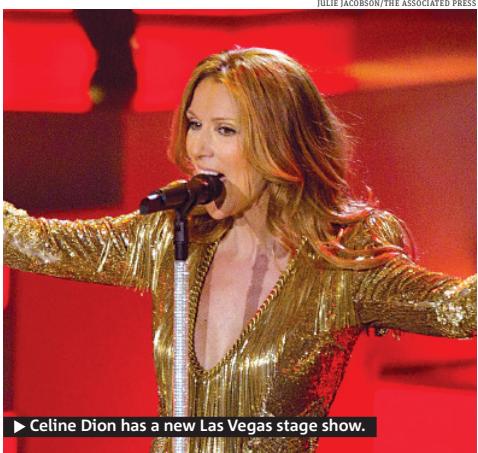
Ne-Yo said he was mainly attracted to the role in *Battle: LA*, about a Marine platoon fighting aliens intent on colonizing Earth, because it didn't require him to use his musical talents. But that didn't come without challenges.

"The cool thing about a lot of the actors is that everybody kind of wanted to do their own stunts," said Ne-Yo, who plays Cpl. Kevin Harris in the movie.

THE ASSOCIATED PRESS



► Ne-Yo says his next album will be more focussed.



► Celine Dion has a new Las Vegas stage show.

Dion ready to re-conquer Vegas

Celine Dion has returned to the Las Vegas stage in a parade of sparkly dresses with thigh-high slits, a stage full of trumpeters, violinists and drummers, and a special appearance by Stevie Wonder.

The French-Canadian crooner sang the romantic opuses that made her an international star, including *My Heart Will Go On* and *It's All Coming Back to Me Now*, in her encore performance Tuesday night at the Colosseum at Caesars Palace. She also shared a pre-recorded duet with Wonder to his *Overjoyed*.

"Was that neat or what?" Dion asked the concert hall of more than 4,000 people as a hologram of Wonder faded from the stage.

A lot is riding on this sequel performance. Dion, who gave birth to twin boys nearly five months ago, is tending to an expanded family while trying to mirror or surpass her previous success in a city that has yet to pry itself free from the embrace of a brutal recession.

The new three-year pro-

duction pays tribute to Old Hollywood, with a 31-person orchestra dressing the stage, including an entourage of guitarists, backup singers, drummers and a pianist, all clad in black tuxedos and gowns.

Gone are the Cirque du Soleil-style dancers and theatrics that saw Dion harnessed to a cable and flown in the air during her previous, five-year stint at the Colosseum that ended in 2007.

"From Michael Jackson to James Bond to Mr. Paganini, it's so different, and it's so classy, and it's fun," Dion told The Associated Press before the show. "Different flavour. Different colours of music."

The new show is poised to become another hit, Caesars Palace President Gary Selesner said. Ticket purchases have so far exceeded the pace of sales for *A New Day*, and executives expect the French-Canadian singer to drive convention business, room rentals, travel to Las Vegas, room rates and restaurant sales.

THE ASSOCIATED PRESS

Criminal Justice Professional Diploma

Successful graduates may be employed in Law Enforcement, By-Law Enforcement, Corrections, Border Services, Private Security, Social and Community Services or go on to complete a 4-year University Degree.



- If needed, FREE courses are available to assist in meeting minimum entrance requirements.
- Small class size; students receive more personalized attention by caring faculty who are internationally recognized experts
- Instructors combine academic qualifications with many years of practical experience
- Potential transfer credits towards a professional accounting designation
- Complete a two year diploma in twelve months

Start sooner! Call now - (403) 648-2265

802 Manning Road NE Calgary, AB
www.columbia.ab.ca/m
Outside Calgary: 1-888-235-9370



Chesney aims for perfect tour

► Country music star has been one of the most bankable touring artists of the past decade ► Goin' Coastal tour kicks off today in Florida

Kenny Chesney isn't happy with what he's seeing on the video screen.

He's been watching it while singing a song during a rehearsal for his Goin' Coastal tour and it just doesn't snap. He gives instructions over the sound system to personnel at the back of the warehouse space where Chesney and his crew have been at it for several weeks.

"I want the picture to change every time he hits the snare drum — BAP! BAP! BAP! BAP! BAP!" he says while air hammering an imaginary kit.

A little later, his seven-piece band stumbles a bit and Chesney tells the group, "We've got to get that intro down." He worries over what he's going to say to the crowd at certain key moments, crafting and discarding drafts as he goes. "I'm glad you're here. You can help me with this," he tells a small group of record label executives and media.

This is Chesney in lock-down mode. With just a few rehearsals left till his tour kicks off today in West Palm Beach, Fla., Chesney was agonizing over every detail.

"There's a lot of mixed emotions for me right now because I'm for the first time seeing everything we've worked so hard on



► Kenny Chesney is set to start his 41-stop concert tour.

come together," Chesney said. "And I'm very happy about that. But on the other hand it's not all together yet so it's the thing that keeps me up at night when I'm preparing to do this."

The attention to detail is what has made Kenny Chesney one of the most bankable acts in the touring business, regardless of genre. Since 1999, Pollstar figures show he has sold more than 8.8 million tickets and grossed more than \$460 million. Only the Dave Matthews Band has sold more tickets over the

last decade and only Matthews and Celine Dion have grossed more.

Chesney took the year off the road in 2010 to concentrate on his lauded new album *Hemingway's Whiskey* and to make three films — a 3-D concert movie and two documentaries about football. With his return to touring, he's bringing along Uncle Kracker and Billy Currington to open his arena shows; the Zac Brown Band will join them on 11 stadium dates throughout the summer.

Chesney says this year's

show will be leaner than previous productions.

"But I feel like it's better," he said. "I feel like musically it's better and that visually it's really, really good and we've been working on that a long time. So it's very exciting to get to do what I love to do again, you know, and to feel that energy and to be that person up on stage. It's an unbelievable feeling to feel all those people focus energy right on you, and us as a band we can feel that. There's no feeling like that anywhere."

THE ASSOCIATED PRESS

CELEBRATING 50 YEARS OF BUILDING THE BEST WITH THE ARLINGTON III

2,306 SQ FT FROM THE
\$390s

Featuring three bedrooms, flex room, spacious master suite and ensuite, upper floor laundry and bonus room. Now that's a reason to celebrate!



► View the floorplan and learn more at morrisonhomes.ca

Calgary's Builder of the Year for 9 Consecutive Years
Customer Choice Award for 4 Consecutive Years

MORRISON HOMES 50 years

Wedding date soon for Reese

- Plans to wed fiancé Jim Toth at her California ranch
- Ceremony is planned for next week

Reese Witherspoon is reportedly hard at work putting the finishing touches on a private wedding for herself and fiancé Jim Toth, according to Radar Online.

And it's happening soon. The secret ceremony, which will be held on her Ojai, Calif., ranch, is reportedly set for March 26.

"Candles and flowers will be everywhere, in white and pastels, for an intimate feeling," sources say of the planned event. Witherspoon and Toth will tie the knot in front of about 100 guests, sources say.

● METRO



► Reese Witherspoon

GETTY IMAGES

Katie Perry's mom plans to write tell-all memoir

Katy Perry's mom, Mary Hudson, is writing a tell-all book detailing how her daughter's fame has impacted her life, according to the New York Post.

"This memoir is her story, in her own words. Mary and Keith Hudson have been Christian Evangelists long before the world ever heard of Katy Perry," a source explains.

"Amid a torrent of negative reports from magazines and entertainment shows, Mary Hudson wants to tell 'her story' and dispel a lot of rumours. Katy's success has impacted her ministry in both negative and positive ways."

● METRO



► Katy Perry

GETTY IMAGES

Selena Gomez: Not easy dating Bieber

Selena Gomez admits that dating Justin Bieber can be difficult, thanks to his overzealous fans and their tendency to lash out online.

"It's hard," she says during an interview with radio station Z100 in New York.

"It does hurt my feelings a lot, but I try not to focus on it."

But at least Gomez understands where they're coming from, having been there herself.

"I will say that I agree with them sometimes," she says. "I loved Jesse McCartney. I was obsessed with him. He dated Katie Cassidy when he was 16 or 17. I hated her — absolutely hated her. I was mortified that he was with Katie and I wanted to be with him. He was my screen saver!"

● METRO



► Selena Gomez

Celebrity tweets



Elizabeth Banks
[@Elizabeth Banks] I just crossed three

lanes of traffic because I spotted some girl scouts and I've been dying for Samoas. Got em!



Patton Oswalt
[@patton oswalt] I've asked for so

many packs of Saltines from this bartender I'm amazed he hasn't called the Hobo Police.



Jessica Alba
[@jessicaalba] heading back to the big apple 4 a quick trip. need a late night restaurant suggestion. got any?



Bob Saget
[@bobsaget] Having lunch with my mother. She had the chicken salad. And this is the story of how I fed my mother...

● METRO



Pattinson stays on the move

Robert Pattinson has been raking in the dough for his work in the Twilight franchise, but he still hasn't been able to settle down. "I'm afraid of buying a house or anything because if there's one paparazzo outside for one day, then they'll never leave," he tells Vanity Fair.

"The best way to deal with it is to move around all the time." Of course, Pattinson has to deal with

stalkers as well as photographers.

"It is weird. You have to wonder — what do they want? I can't really understand it even now," he says of his more obsessed fans. "It does have an angle, which is attached to something quite primal in girls. I guess people want it to define them, like, 'I'm a Twilight fan.' That's crazy to me."

● METRO

Timberlake wanted split for a while: Source

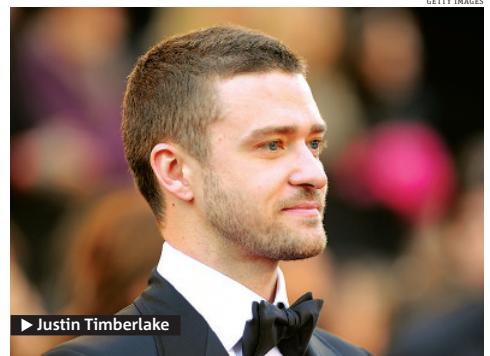
Though he just recently split from Jessica Biel, Justin Timberlake reportedly was ready to end it a while ago, according to Us Weekly.

"He hasn't been happy with Jessica for close to two years," a source tells the magazine.

"You'd be surprised at how soon the love was lost on this one. Justin said he was miserable."

Timberlake and Biel dated for four years.

● METRO



► Justin Timberlake

GETTY IMAGES

3
life

Most bizarre



Doing the chicken dance

Coco Rocha inexplicably walked the Moschino runway with a chicken on her head.



Jimmy Choo builds its brand on the look and life of co-founder Tamara Mellon

TOP 8 LOOKS OF

► Four weeks of runway shows across four fashion capitals are finally behind us



PRADA'S pretty, lady-like looks

1 Miuccia Prada's autumn collection had a '60s-flavoured, lady-like prettiness to it that made an interesting contrast to the bold, in-your-face work she showed last season (the banana print and striped skirts you're seeing all over the magazines right now). Simple dresses with large, round gold buttons segued into printed belted versions with brightly coloured grids followed by a quirky pretty series of frocks embellished with sheer, pastel-coloured paillettes that are sure to be a retail hit.

MARC JACOBS'S trippy dots

2 Are polka dots the new stripes? The always directional Marc Jacobs took a stiff right turn away from the easy, floaty wind-machine dresses he showed last season. His new collection was about more structured looks in futuristic silhouettes with loads of circle-shaped sequins, paillettes and latex appliqués. That means you can pretty much guarantee that the season's trend for shiny, shimmering looks will be fairly huge next fall.

JASON WU'S cool take on embellishments and tailoring

3 Autumn/winter 2011 is going to be all about the details, from the crystal embroidery on an otherwise modest blouse to a strip of lace running down the sleeves of a coat to the floral appliqués on a simple, body-sculpting dress. Jason Wu's collection, which had all three, was one of the best examples of this trend. His clothes also fell right in line with the manish tailoring trend, which will also be huge for fall.

ALEXANDER WANG'S tough and sporty sweater dresses

4 If last season was a shaky departure from the trademark, much loved look he calls Models Off Duty, this collection was a return to his usual too-cool-for-school form. The show had all of the Wangisms we've grown to love. His trademark tough and sporty sensibility was in full effect. But there was a more mature, sophistication to the clothes too.

FENDI'S plays on texture

5 Karl Lagerfeld's collection with its subtle sense of English countryside chic was one of the best of Milan Fashion Week. And his play on texture, mixing ribbed knits with tweed, fur and wool, can be recreated with items from your own wardrobe. Things to lust after from this collection included his shaggy patchwork coats in fox, lamb and chinchilla (some of the best furs shown all season), his trapeze shaped jackets, ribbed skirts and tights, and blouses with ruffled flourishes at the neckline — basically, everything.

WagJag.com Deal of the Day

68% OFF

\$39 for 60 Minute Combination Session of Therapeutic massage & Active Release Technique Therapy at Align Health & Wellness

BUY TODAY



www.WagJag.com

FW 2011

► We list the eight memorable looks



CHRISTOPHER KANE'S plastic dresses

6 Designers often look for new and interesting ways to experiment with textiles. Christopher Kane pushed boundaries by creating leather tops dyed and printed to mimic the crochet knit skirts and cardigans they were worn with. But the real standouts were his dresses and clutch purses made out of plastic filled with squishy technicolor liquid, like the toys you played with as a kid. He also used plastic as a decorative accent on tailored trousers and knit dresses.



GIVENCHY'S leggy skirts

7 Riccardo Tisci, who sits at the top of the list of designers rumored to replace John Galliano at Christian Dior, showed a seductive collection centered around the Fifties pin-up girl. But instead of taking the literal approach and showing skin-tight bustier dresses, he created leggy skirts with transparent panels that revealed a flash of thigh. It was the smart girl's version of sexy dressing. Louis Vuitton created a similar look, honing in on the balsas vixen. They looked like they had walked right out of an erotic B-movie.



CELINE'S real-life friendly furs

8 Phoebe Philo pushed her minimalist theme forward with a clever mix of texture and fabrics. The best example of this came with her trim leather jackets layered over longer fur coats. It made for a slim, sleek look that would work well in real-life. We've seen a lot of dramatic looking animal skins this month but Philo's idea seemed like one of the freshest and most realistic ways of wearing it. Because how many of the season's massive furs would work on your morning commute?

Most awkward front row sighting

Alica Keys looking unusually stiff, sitting straight as a board, beside Anna Wintour at the Alexander Wang show.

The Supers return

Marc Jacobs wins the prize for starriest catwalk with Kate Moss, Naomi Campbell, Carolyn Murphy, Carmen Kass and Karolina Kurkova all walking the runway for his Louis Vuitton show.

IF CLOTHES COULD SING

The music always sets the tone for the clothes. We've rounded up some of the most memorable songs we heard at the shows. Pop these in your iPod and pretend you're at the shows.

- Christopher Kane - Reviewing the Situation, by Sandie Shaw
- Michael Kors - Native New Yorker, by Odyssey
- Vivienne Westwood - Ven-triloquizing, by Fujiya, Miyagi
- Burberry Prorsum - You Don't Own Me, Dusty Springfield
- Chloé - Love Without A Limit, Mary J. Blige

Inescapable Adele

Fashion loves Adele! Her single, Rolling in the Deep, played at Cynthia Rowley, Costello Tagliapietra and Charlotte Ronson in New York. And her voice surfaced again at Burberry Prorsum in London — this time it was the song Someone Like You.



HUGE SELECTION
OF LADIES' FASHIONS

6P-16P
8-16
16-24
PETITE
REGULAR
WOMEN

OUTLET
EVERY PANT
BUY ONE
GET ONE
50% OFF*

*SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE, SELECTED ITEMS ONLY

MARCH 17 - 27

DFX, SUNRIDGE, 2929 SUNRIDGE WAY NE, CALGARY 403-769-9050

Say goodbye to 'nail pops'

► Don't blame the construction, as these things happen and they're not that hard to fix

DIY IDEAS

JIM CARUK
HOME@METRONEWS.CA



Did you buy a newly-constructed home about a year ago and are just now noticing ugly "nail pops"?

They probably weren't there when you moved in. And they are not (usually) a symptom of shoddy construction.

It's just that all newly-built houses go through a settling process. That's when these things appear.

What to do?

You can call your builder, sure. They may come and repair those suckers for you. But they don't legally have to. Because under Ontario's New Home Warranty Program, ordinary nail pops are not

covered.

So do you have to hire an expensive drywall guy to fix them?

No, you can fix them yourselves. Here's how.

First, locate all your nail pops by shining a lamp at an angle to the wall. Start by screwing in a new drywall screw adjacent to the popped one.

Make sure you screw it in until it bends — but does not break — the surface of the wall.

Then use a nail set or a heavy-duty nail to hammer the offending screw back below the surface.

Now apply some pre-mixed drywall compound with a six-inch drywall knife. Scrape it flat. Sand it with fine-grit sandpaper and repeat. On the final sanding, try to get everything as smooth as possible.

Now you're ready to paint. With luck, you asked the builder for the

exact colour code of the paint.

Or if you were really smart, you asked the builder, when you moved in, to leave you with a little bit of that exact paint.

If that didn't happen (it probably didn't) at least know the paint chip code.

You may not get a perfect match unless you repaint the whole wall, but it will still look better than that unsightly nail pop.

To get professional instruction on everything to do with drywall, sign up for our Drywall Essentials course at biworkshops.com.

We'll give you insider tips on creating a perfect, paint-ready finish for every wall you build or repair.

JIM CARUK, HGTV HOST, HAS BEEN A RENOVATION CONTRACTOR FOR MORE THAN 30 YEARS. HE IS THE FOUNDER OF BUILD IT YOURSELF LEARNING CENTERS WHICH TEACHES HOMEMAKERS HOW TO COMPLETE THEIR OWN REPAIRS AND RENOVATIONS ([BIWORKSHOPS.COM](http://biworkshops.com)).

ISTOCK IMAGES PHOTO



► If you need some help with drywall, head to biworkshops.com.



► Kristi Hansen is sharing her reno know-how on the new W Network series *Homewreckers*.

HANDOUT

Focus on the practical before the pretty

Turning your basement into a cosy home theatre or your bathroom into a mini-spa oasis is the stuff renovation dreams are made of. Replacing roofs and side paneling? Not so much.

Some homeowners may find it difficult to forgo transforming part of their dwelling into a space befitting their renovation fantasies.

But take it from Kristi Hansen, who has forged a career taking on virtually every renovation project imaginable: it's best to put cosmetic changes on the back burner rather than ignore other areas in dire need of repair.

However, given the choice, people often opt to do the opposite.

"It's patchwork-quilt renovating, and it's also desperately seeking out a zone to love because you're

"Of course everyone wants the sexy things fixed and looking great — 'Yeah, look at my kitchen.' But what about the structural integrity of your home?"

KRISTI HANSEN

surrounded by this house that you're not loving," she said by phone from Vancouver.

Hansen has notched nearly two decades of experience under her tool belt as a tradesman, plumber, Class B gas fitter and mentor.

She opened her plumbing and renovation company, Vancouver-based Pretty Plumbing Co., in 2004.

which she shuttered after the birth of her first son, Alastair, to focus on her family.

Now a mother of two, the 38-year-old is in the process of restarting her business.

In the meantime, she can be seen on the small screen doling out advice and sharing her know-how on *Homewreckers*, which premieres Tuesday, March 22 at 8:30 p.m. ET on W Network.

During the series, which is filmed in locations throughout B.C.'s Lower Mainland, Hansen said she is troubleshooting on the spot and gets no advance notice of issues in a given home.

She said homeowners are surprised by the little things she notices, such as a tiny water spot signalling a roof in need of repair.

THE CANADIAN PRESS

CELEBRATING 50 YEARS OF BUILDING THE BEST WITH THE ARLINGTON III

We've been building Calgary from the ground up for 50 years.

To celebrate, we'd like to offer you the Arlington III — featuring three bedrooms, flex room, spacious master suite and ensuite, upper floor laundry and bonus room. Now that's a reason to celebrate!

2,306 SQ FT

FROM THE
\$390s



THE ARLINGTON III IS AVAILABLE IN:
New Brighton & SkyView Ranch

View the floorplan and learn more at morrisonhomes.ca

MORRISON HOMES 50 years

TD Canada Trust

You see it. You love it.
Time for mortgage advice.



**Mortgage
advice
Whenever
Wherever**

With longer branch hours and Mobile Mortgage Specialists that come to you, our mortgage advice is more convenient than ever.

At TD Canada Trust, we would like to add to the excitement of buying your first home, not the stress. So when it's time to discuss your mortgage options, you can meet with one of our in-branch mortgage representatives early 'til late, or even on Sunday at over 300 of our branches. You can also have one of our Mobile Mortgage Specialists come to you days, evenings or weekends—even outside our branch hours. Just tell us the "where" and "when" that works for you, and we'll help you understand the "how". It's just another way we're making banking more comfortable.

**Mortgage advice. Now even on Sunday, at over 300 of our branches.
Or anytime from our Mobile Mortgage Specialists.
Call 1-888-660-5965 or visit www.tdcandatrust.com/home**



Banking can be this comfortable



Being trendy without breaking the bank

► Karl Lohnes tells you how to decorate creatively ► Simple solutions like slip covers make all the difference

DESIGN CENTRE



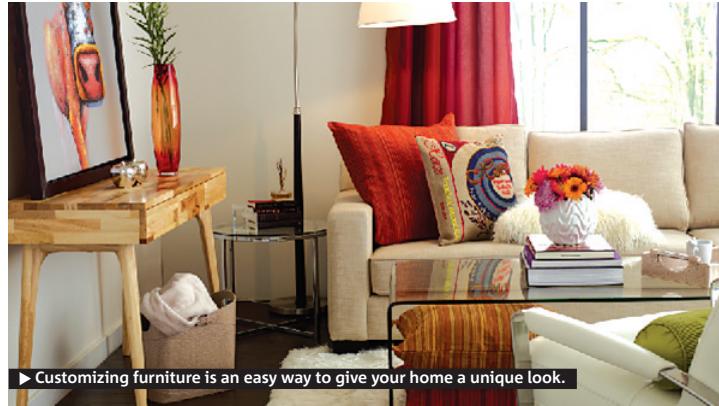
KARL LOHNES
HOME@
METRONEWS.CA

In the old days our parents would look in a store window or a catalogue and buy the entire living room or bedroom set as they saw it; the mixing and matching was done for them and they were guaranteed a "pulled together," trend-setting room.

It surprises me that today, people buy only what they see in a showroom or online and don't bother asking about custom options. For about the same amount of money and just a few weeks wait, you can have the room of your dreams by customizing furniture, lamps, draperies and rugs to a style and colour that personally suits you.

The more you make something your own, the longer you will like it and the prouder you will be.

There's a new generation that wants affordability



► Customizing furniture is an easy way to give your home a unique look.

ty and flexibility when it comes to choosing their own furniture; and they want it at a fair price. More and more stores are offering custom choices when ordering furniture. Next time you're at a furniture store, consider asking the following questions.

Can I change the fabric?

Most often the retailer has a huge array of fabrics to choose from; what you see on the furniture in their store is how they have ordered it. Don't be afraid to ask about changing a fabric choice to something more suited to

your taste.

Urban Barn, a large Canadian furniture retailer with more than 40 stores in Canada offers 350 fabric choices, cushion styles and wood stains for their upholstered furnishings.

Are there wood stain options?

The most popular wood colour of the moment is dark espresso stain. It's been around for six to eight years and retailers often choose it for their showroom models as they are comfortable selling it.

Trends are changing

and lighter wood tones are coming back in style. In particular, medium walnut stains and driftwood-coloured wood.

If you have cherry-wood kitchen cabinets and want a consistency with a wood table then ask the retailer if they sell your favourite table in a cherry-type stain.

Can the cushion fillings be changed?

Comfort in a sofa lies in its size and in the type of cushions. If a sofa is long enough to lie down on yet has hard-foam cushions then it won't be very com-

fortable. A puffy-type cushion is usually a piece of foam wrapped in a layer of cotton baton or goose-down feathers. This gives support when you sit, with the cushy feeling. For a very modern sofa the

cushions are often all foam in order to give a clean-lined look to the cushions.



Fabric

► Not all good fabrics are the most expensive. Fabric with a mix of synthetic fibres is good. They are often more durable and resist fading in the sun. Deep greys or patterned brights in accent seating are a trend right now.

► If you are not looking for new furnishings you can still customize your space by slip-covering your upholstered furniture in humble fabrics like linen or washed denims.

► Refinish an old cabinet with a grey stain or paint it a bright eye-popping colour. Die old drapes with an over-saturated fashionable colour (like turquoise or cranberry) to add a dramatic look to your room.

► The best brown stain colour to choose for the legs of a sofa is dark walnut. It will blend nicely with everything no matter what the trends.



ENTER FOR YOUR CHANCE TO

WIN \$500

IN BEST NEW PRODUCTS!

To enter visit metronews.ca/best

While you're there, check out some of 2011's Best New Products including:

PRESENTED BY:



PharmaPlus®

A pharmacy first.



No purchase necessary. 1 winner in each city; Grand prize is valued at \$500 including a Best New Products gift pack and Rexall Gift Card. Contest closes Sunday, April 3rd, 2011. For complete contest details, rules and regulations visit metronews.ca/best

metro

Corned Beef & Potato Pancakes

Potato latkes, traditionally served at Hanukkah, are the inspiration for these potato patties. Shreds of corned beef along with a pickled cabbage topping are added as a tribute to Ireland.

Preparation:

1 In a bowl, combine cabbage and creme fraiche. Transfer to serving bowl; set aside.

2 In a small bowl, whisk together flour, salt, pepper and baking powder. Set aside.

3 In a bowl, combine potatoes, onion, corned beef, egg whites and reserved flour mix. Mix

well to make a batter that is loose but holds together well, adding flour if necessary.

4 In a skillet over medium-high, heat 1 cm (1/2 inch) of oil.

5 Working in batches and using about 50 ml (1/4 cup) of batter per pancake, drop into oil, leaving several centimetres between pancakes. Flatten slightly with the back of a spatula. Fry, turning once, 2 to 3 minutes per side. Remove to a paper-towel lined platter. Serve immediately with pickled cabbage creme fraiche.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) pickled cabbage
- 125 ml (1/2 cup) creme fraiche or sour cream
- 125 ml (1/2 cup) all-purpose flour (approx.)
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) black pepper
- 1 ml (1/4 tsp) baking powder
- 1 l (4 cups) thawed frozen shredded potatoes
- 250 ml (1 cup) finely chopped sweet onion
- 150 g (1/3 lb) thinly sliced corned beef
- 3 egg whites, whisked until frothy
- Vegetable oil, for frying

• 1 ml (1/4 tsp) baking powder
• 1 l (4 cups) thawed frozen shredded potatoes
• 250 ml (1 cup) finely chopped sweet onion
• 150 g (1/3 lb) thinly sliced corned beef
• 3 egg whites, whisked until frothy
• Vegetable oil, for frying

St. Patty's Day – it's about more than beer

► Irish cuisine, such as hearty stew and potato pancakes, steals the spotlight

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



This traditional Irish stew, packed with potatoes and lamb, gets thrown into the slow cooker for easy preparation.

Preparation:

1 Sprinkle both sides of lamb chops with half of the salt and pepper. Brown lamb all over, in batches, in skillet over medium high heat. Place in slow cooker. Add water to skillet and bring to boil scraping up brown bits. Pour liquid into slow cooker.

Ingredients:

- 3 lbs (1.5 kg) lamb leg or shoulder chops
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) pepper
- 1/2 cup (125 mL) water
- 3 onions, chopped
- 2 large carrots, chopped
- 2 tbsp (25 mL) Italian parsley
- 1 tbsp (15 mL) dry thyme
- 2 cups (500 mL) beef or chicken stock
- 2 1/2 lbs (1.25 kg) Ontario potatoes, peeled and cubed
- 2 tbsp (25 mL) butter
- 2 tbsp (25 mL) all purpose flour



► Lamb and potatoes are the stars of this Irish stew.

2 Return skillet to medium heat and cook onions, carrots, parsley, thyme and remaining salt and pepper for about 8 minutes. Scrape into slow cooker. Add stock and potatoes. Cover and

cook on Low for 8 hours or until lamb is tender.

3 In bowl, mash together butter and flour until combined. Uncover cooker; stir butter mixture into stew and cook

on high for 20 minutes.
ONTARIOPOTATOES.CA
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOKS.CA

JUGO JUICE.

434 calories, 765 pennies.

(Happy You Year!)

FEATURE MEAL

14oz. Mini Mango™ &
8" Short n' Sweet Chicken Classic™

jugojuice.com



only \$765
PLUS TAXES

* AVAILABLE AT PARTICIPATING JUGO JUICE LOCATIONS FOR A LIMITED TIME.

4

sports

Flames preview

Avalanche at
Flames, 7 p.m.
TV: SNET-CGY
Radio: FAN 960



Colorado (26-34-8 entering last night's games) has hit hard times. The once proud club is on a stretch that has seen it lose 20 of its last 22 games.



Calgary (36-27-9) has suddenly gone cold, having lost three straight. The Flames rallied from a 4-1 deficit against Phoenix on Tuesday night but still finished on the short end of a 4-3 score for the second straight game.

THE CANADIAN PRESS

ACCESS
LEGAL
RESEARCH
INC.

CRIMINAL
PARDONS/
U.S. WAIVER

NO FAULT
DIVORCE

DEBT
COLLECTION

OPEN SATURDAY BY
APPOINTMENT
CALL 403.228.1300

Familiar Flames back in the mix

CHRISTIAN PETERSEN/GETTY IMAGES



► Head coach Brent Sutter of the Calgary Flames watches from the bench during a Mar. 10 loss to the Coyotes in Phoenix.

► Langkow, Kotalik suit up with Calgary's playoff hopes in jeopardy

While the Calgary Flames were trying to get back on track, two familiar faces reappeared yesterday.

The Flames have been trying to get rid of Ales Kotalik since last summer, twice putting him on waivers before sending him to the AHL's Abbotsford Heat on Jan. 28 to get his \$3 million US off the salary-cap.

But it became necessary to recall him with recent injuries to centres Brendan Morrison and David Moss.

Daymond Langkow skated with the Flames for the first time in almost a year. He suffered a broken bone in his neck after being hit by teammate Ian White's shot March 21, 2010. He participated in battle drills but there's no timetable for a possible return.

Can the sight of reinforcements ignite the Flames, fighting for their playoff lives and losers of three straight? Head coach Brent Sutter hopes so.

"You use absolutely everything you can get," Sutter said yesterday. "It's great to see Ales back and it's great to see Daymond back practising with us."

Struck by the injury bug, the Flames may not feel lucky even though they are.

It was amazing that Calgary (36-27-9) still held onto the eighth and final playoff berth.

But Sutter's concerned all the work his team has done to climb out of sec-

"I'm going to try and get in the best shape I can and be ready as soon as possible ... but at this point, it's just hard to say what's going to happen."

INJURED FLAMES CENTRE
DAYMOND LANGKOW

ond-last in the conference is going to be wasted.

"Things that we weren't doing for two and a half months we've let get into our game a little bit and we need to straighten it out," Sutter said.

Are the emotional and physical demands of getting into the playoff hunt now taking their toll on one of the oldest clubs in the NHL? Sutter refuses to believe it.

"It can't be the case because if that's the case, things look bleak for us," he said. "If we want to get to where we want to go, we've got to keep pushing, keep driving."

Meanwhile, Kotalik admitted he didn't think he'd be back with the Flames once he was sent to the minors.

"Right now, there's not any time for hard feelings," he said. "It's an opportunity to step in and help. Especially this time of year, it's the most exciting part."

Kotalik will be in the lineup tonight against the Avs. THE CANADIAN PRESS

NHL pushing for video reviews of high sticks

After dedicating two days to making the game safer to play, the NHL's general managers wrapped up their annual meetings by discussing how to get more calls right on the ice.

During yesterday's session, hockey operations requested the use of video review to look at four-minute high-sticking calls. It garnered some support among the GMs and will be examined again when they

"The whole thing makes me nervous as far as the time of game."

LEAFS GM BRIAN BURKE
ON ADDING MORE VIDEO REVIEW

meet in June.

Double minors for high-sticking are assessed when a player is cut by an opponent's stick — something that isn't always easily detected in real time.

It appears the biggest issue is whether a video review would be triggered by referees, a coach's challenge or automatically with every double minor for high-sticking assessed.

Another topic raised was the use of spin-o-ramas in the shootout. The moves will continue to be allowed, but goals will only count if the puck doesn't stop at all during the attempt.

THE CANADIAN PRESS

Sports in brief

NFL tightening up rulebook

NFL. The NFL will be more aggressive in suspending players next season for illegal hits, and also could make changes to instant replay and kickoffs.

Ray Anderson, the league's chief disciplinarian, said yesterday repeat offenders or those who deal out flagrant illegal hits will have a greater chance of being suspended. THE ASSOCIATED PRESS

Braves official loses eye

MLB. Atlanta minor-league manager Luis Salazar has lost an eye after he was hit in the face by a foul ball during spring-training.

Braves GM Frank Wren said yesterday doctors couldn't save Salazar's left eye. The 54-year-old was standing on the top step of the dugout during a March 9 game between the Braves and St. Louis. He was unable to get out of the way and fell head-first back into the dugout. THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	69	43	19	4	3	222	184	93	21-10-2	22-9-2	4-4-2	W1
d-Washington	72	41	21	5	5	195	176	92	22-8-2	19-13-3	9-0-0	L1
d-Boston	69	39	21	4	5	206	166	87	16-12-3	23-9-1	6-3-1	W1
Pittsburgh	71	41	22	5	3	206	172	90	22-12-2	19-10-3	5-2-3	W2
Tampa Bay	70	39	22	4	5	210	211	87	22-9-1	17-13-3	4-4-1	W1
Montreal	70	38	25	4	3	186	176	83	21-9-3	17-16-1	7-3-0	L1
NY Rangers	71	37	30	2	2	204	174	78	16-17-1	21-13-0	6-4-0	W2
Buffalo	70	34	28	7	1	203	202	76	15-16-2	19-12-5	5-3-1	L1
Carolina	71	32	29	5	5	198	212	74	18-12-2	14-17-3	2-7-4	L1
Toronto	71	31	30	5	5	187	219	72	16-14-3	15-16-2	4-3-2	W1
New Jersey	69	33	32	3	1	150	176	70	17-14-2	16-18-0	8-2-0	W3
Atlanta	70	29	29	5	7	196	226	70	14-12-4	15-15-2	4-4-1	L1
Florida	70	28	33	5	4	175	194	65	14-15-3	14-18-0	3-5-2	L1
NY Islanders	71	27	33	6	5	197	226	65	16-15-4	11-18-5	4-2-3	L2
Ottawa	70	25	36	5	4	158	220	59	11-19-2	14-17-3	5-5-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	71	46	16	4	5	233	167	101	24-7-1	22-9-3	8-2-0	W6
d-Detroit	70	42	20	5	3	230	201	92	19-11-2	23-9-2	5-3-1	W3
d-San Jose	71	40	23	4	4	203	186	88	18-11-2	22-12-2	5-3-0	W1
Los Angeles	70	40	25	3	2	196	170	85	20-11-0	20-14-2	7-2-0	W4
Phoenix	71	37	23	7	4	206	203	85	17-11-2	16-18-2	4-4-1	L1
Chicago	70	38	24	3	5	232	197	84	22-14-0	16-10-4	7-1-1	W1
Dallas	70	37	25	3	5	196	199	82	19-12-4	18-14-1	5-3-2	L2
Calgary	72	36	27	3	6	217	207	81	21-12-3	15-15-2	5-4-0	L4
Nashville	70	35	26	4	6	179	165	80	17-8-3	18-18-1	4-4-1	L1
Anaheim	69	37	27	3	2	195	202	79	21-12-1	16-15-2	5-4-0	L1
Minnesota	70	35	28	2	5	178	188	77	17-13-3	18-15-2	3-6-1	L3
Columbus	69	32	27	4	6	196	209	74	16-14-3	16-13-3	2-4-3	L1
St. Louis	69	31	29	4	5	193	207	71	20-12-3	11-17-2	4-6-0	L1
Colorado	68	26	34	7	1	191	239	60	14-17-4	12-17-3	1-0-1	L8
Edmonton	70	23	38	2	7	172	231	55	12-19-3	11-19-2	4-5-0	L4

d = division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Tonight's results

	All times Eastern
Toronto 3 Carolina 1	Philadelphia at Atlanta, 7 p.m.
Detroit 3 Washington 2	Detroit at Columbus, 8 p.m.
Colorado at Vancouver	Tampa Bay at Montreal, 7:30 p.m.
St. Louis at Anaheim	New Jersey at Ottawa, 7:30 p.m.
Tuesday's results	Toronto at Florida, 7:30 p.m.
Pittsburgh 5 Ottawa 1	Toronto at Philadelphia, 10:05 p.m.
Washington 4 Montreal 2	Baltimore at Pittsburgh, 10:05 p.m.
Phoenix 4 Calgary 3	Minnesota at Detroit, 10:05 p.m.
Carolina 1 Buffalo 0	Florida at Cincinnati, 10:05 p.m.
New Jersey 4 Atlanta 2	Cleveland at Cincinnati (Goodyear, Ariz.), 4:05 p.m.
N.Y. Rangers & N.Y. Islanders 3	Phoenix at Edmonton, 9 p.m.
Boston 3 Columbus 2 (SO)	St. Louis at Los Angeles, 10:30 p.m.
Philadelphia 3 Florida 2	Minnesota at San Jose, 10:30 p.m.
Los Angeles 4 Nashville 2	Tampa Bay at Atlanta, 10:30 p.m.
San Jose 6 Dallas 3	Phoenix at San Diego (Peoria, Ariz.), 10:05 p.m.
Tonight's games	Tampa Bay at San Fran. (Scottsdale, Ariz.), 10:05 p.m.

MAPLE LEAFS 3, HURRICANES 1

First Period

1. Carolina, LaRose 13 (Bra.Sutter, Gleason 12-24 (pp))

2. Toronto, Phaneuf 6 (Brent, MacArthur) 19-01 (pp)

Penalties — Crabb Tor (elbowing) 3:06, Boyce Tor (hooking) 11:43, Allen Car (elbowing) 18:40.

Second Period

3. Toronto, Phaneuf 7 (Kessel) 10:51 (pp)

4. Toronto, Bozak 12 (Boyce, Phaneuf) 11:03

Penalties — Rose Car (delay of game) 0:33, Bra.Sutter Car (hooking) 10:45, Brent Tor (interference) 14:54, Schenn Tor (hooking) 17:04.

Third Period — No Scoring.

Penalty — Boyce Tor (roughing) 1:31.

Shots

Toronto 6 9 4 —19

Carolina 12 10 15 —37

Goal — Toronto: Reimer (W,14-29-4); Carolina: Ward (L,29-24-9). Power plays (goals-chances) — Toronto: 2-3; Carolina: 1-5.

Referees — Tom Kowal, Francois St. Laurent.

Linesmen — Steve Barton, Darren Gibbs.

Att. — 15,220 (16,680) at Toronto.

TUESDAY

COYOTES 4, FLAMES 3

First Period

1. Phoenix, Stempniak 15 (Fidler, Pyatt) 8:14

2. Calgary, Jokinen 15 (Bourque, Kiprusoff) 18:02

Penalty — Jokinen Cal (hooking) 13:32.

Second Period

3. Phoenix, Belanger 12 (Korpikoski, Doan) 6:11

Last night's games not included

CRICKET

WORLD CUP

GROUP A

GROUP B

GROUP C

GROUP D

GROUP E

GROUP F

GROUP G

GROUP H

GROUP I

GROUP J

GROUP K

GROUP L

GROUP M

GROUP N

GROUP O

GROUP P

GROUP Q

GROUP R

GROUP S

GROUP T

GROUP U

GROUP V

GROUP W

GROUP X

GROUP Y

GROUP Z

GROUP AA

GROUP BB

GROUP CC

GROUP DD

GROUP EE

GROUP FF

GROUP GG

GROUP HH

GROUP II

GROUP III

GROUP IV

GROUP V

GROUP VI

GROUP VII

GROUP VIII

GROUP IX

GROUP X

GROUP XI

GROUP XII

GROUP XIII

GROUP XIV

GROUP XV

GROUP XVI

GROUP XVII

GROUP XVIII

GROUP XVII

Crossword

Across

1 Existed
4 Homeless child
8 "That was close!"
12 Candle count
13 Frizzy hairdo
14 Frost
15 Affectionate
17 Satan's specialty
18 Illustrations
19 Corrupt
21 Savings overseer
24 — generis
25 Trench
26 Flop
28 New York town named for a former senator
32 Saharan
34 Unruly crowd
36 "— Only Just Begun"
37 Mother-of-pearl
39 Bankroll
41 Lair
42 Eggs
44 Slow down
46 Carnauba plant
50 Opposed to
51 "Sesame Street" favorite
52 Huge
56 Suitor
57 West Point team
58 Gilbert & Sullivan princess
59 Unsurpassable
60 Chows down
61 Police officer

Down

1 Kid's card game
2 Past
3 Relating to mean-



Today's horoscope

Aries March 21-April 20 You are ready and willing to start something new and exciting. But be advised that if you go off too soon, your efforts may fall short of expectations.

Taurus April 21-May 20 This should be a fun day for you, even though you have a lot of work on your plate. If you've fallen behind in your schedule get your friends to help you out — they'll gladly do so if asked. Then go and have fun.

Gemini May 22-June 21 There is still time to make a good impression on someone in a position of authority. Remember: You may know what you are capable of but that does not mean that he or she will know. Speak up.

Cancer June 22-July 22 Constant changes make it hard for you to plan too far ahead but in a way that's good because you will achieve more if you react to events rather than try to initiate them. Conserve your energy — you'll need it!

Leo July 23-Aug. 23 If there is something you need to say that may not be pleasant, either for you or other people, get it over with. Once the Sun changes signs this weekend, you'll have more important things on your mind.

Virgo Aug. 24-Sept. 22 It might be wise to steer clear of areas where you are not too sure of your ground. If you cannot avoid them, make sure you know where the exits are.

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Sudoku

2			8		6			5
	8			2		5		3
		4				7		
	9	7		3	2			
6							1	
	7	1		2	8			
	2					9		
3		6		9		4		
9		5	4			3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer

Z	I	P	S	A	V	E	K	A	T	O
O	R	E	U	N	I	X	I	M	I	N
O	A	R	C	A	M	P	A	N	I	L
S	Q	U	A	T	O	D	D			

2	9	5	4	1	7	8	3	6
7	6	1	2	3	8	4	5	9
8	3	4	5	6	9	1	2	7
1	8	6	9	5	4	3	7	2
9	4	2	6	7	3	5	1	8
3	5	7	8	2	1	6	9	4
4	1	3	7	8	2	9	6	5
5	7	8	1	9	6	2	4	3
6	2	9	3	4	5	7	8	1

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -1° Max 5°	Min 0° Max 7°	Min -6° Max 3°

Andrew Schultz,
Meteorologist



"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



Canadian Legal Resource Centre Inc.

CALL NOW!! MON-SAT DAYTIME & EVENING APPOINTMENTS
403.229.2774 FREE CONSULTATION

UNCONTESTED DIVORCES
Legal Separation Agreements • Spousal Land Transfers

www.canadianlegal.org

CRIMINAL RECORD?

Canadian Pardons • US Travel Waivers
Fingerprinting



21+ Years Experience • Voted #1 Paralegal
Why Pay More?

CELEBRATING 50 YEARS OF BUILDING THE BEST WITH THE ARLINGTON III

2,306 SQ FT
FROM THE
\$390s

MORRISON 50
years
HOMES

morrisonhomes.ca



Adventure!

Teach English Overseas

- > TESOL Certified in 5 Days
- > In-Class or Online
- > No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: April 13th - 17th

Next Seminar: March 29th @ 7pm

Best Western Village Park Inn (Motel Village)

www.globalesol.com



Introducing the **MOTOROLA ATRIX™**

Only on Canada's best network.¹



MOTOROLA ATRIX™

The MOTOROLA ATRIX™ is a truly revolutionary device. It features a dual-core processor, 4" qHD display and Flash® 10.1. Designed to deliver speeds of up to 14.4 Mbps,² it has the power to double as a personal computer and entertainment unit with the exclusive LAPDOCK™ and HD Multimedia Dock.



LAPDOCK™

Unleash the full computing power of the MOTOROLA ATRIX™ with MOTOROLA's LAPDOCK™. With the exclusive webtop application, you can browse websites in a full Firefox® browser, edit spreadsheets and make or receive calls at the same time.



HD Multimedia Dock

Insert the MOTOROLA ATRIX™ into the HD Multimedia Dock, and connect to a high-definition monitor or TV to play back images and videos in HD on the big screen.

Visit a Bell store for a live demo •
1 888 4-MOBILE (662453) • bell.ca/atrix

Bell the smartphone
just got
better

Available within network coverage areas available from Bell Mobility. Other conditions apply. (1) Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) Actual speeds may vary due to topography, environmental conditions, device type and other factors. MOTOROLA and the Stylized M Logo are trademarks or registered trademarks of Motorola Trademark Holdings, LLC. Android, Android Market and the Android Logo are trademarks of Google, Inc. Adobe and Flash are either registered trademarks or trademarks of Adobe Systems Incorporated in the United States and/or other countries. All other trademarks are the property of their respective owners.

Introducing the **MOTOROLA ATRIX™**

Only on Canada's best network.¹



MOTOROLA ATRIX™

The MOTOROLA ATRIX™ is a truly revolutionary device. It features a dual-core processor, 4" qHD display and Flash® 10.1. Designed to deliver speeds of up to 14.4 Mbps,² it has the power to double as a personal computer and entertainment unit with the exclusive LAPDOCK™ and HD Multimedia Dock.



LAPDOCK™

Unleash the full computing power of the MOTOROLA ATRIX™ with MOTOROLA's LAPDOCK™. With the exclusive webtop application, you can browse websites in a full Firefox® browser, edit spreadsheets and make or receive calls at the same time.



HD Multimedia Dock

Insert the MOTOROLA ATRIX™ into the HD Multimedia Dock, and connect to a high-definition monitor or TV to play back images and videos in HD on the big screen.

Visit a Bell store for a live demo •
1 888 4-MOBILE (662453) • bell.ca/atrix

Bell the smartphone
just got
better

Available within network coverage areas available from Bell Mobility. Other conditions apply. (1) Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) Actual speeds may vary due to topography, environmental conditions, device type and other factors. MOTOROLA and the Stylized M Logo are trademarks or registered trademarks of Motorola Trademark Holdings, LLC. Android, Android Market and the Android Logo are trademarks of Google, Inc. Adobe and Flash are either registered trademarks or trademarks of Adobe Systems Incorporated in the United States and/or other countries. All other trademarks are the property of their respective owners.